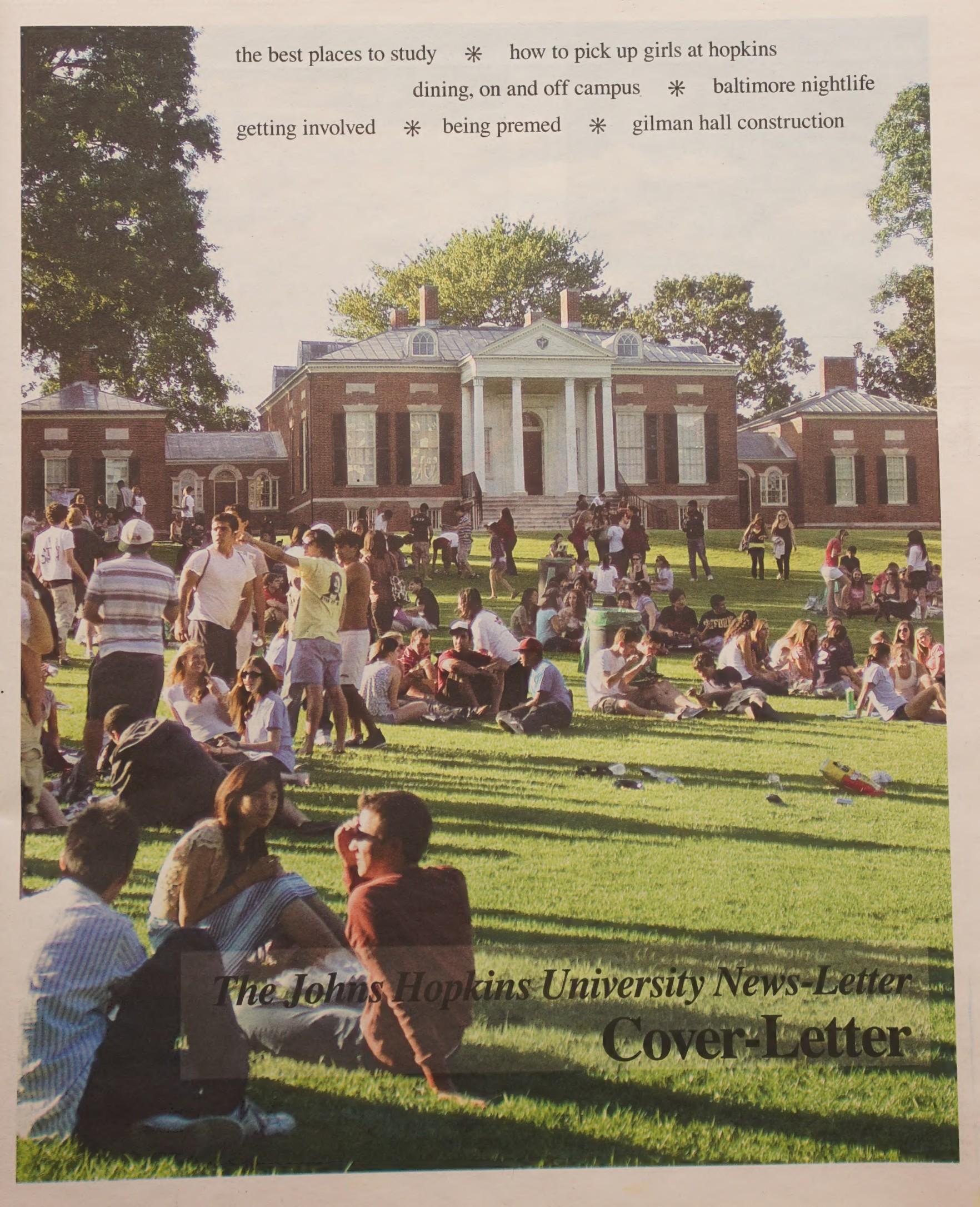


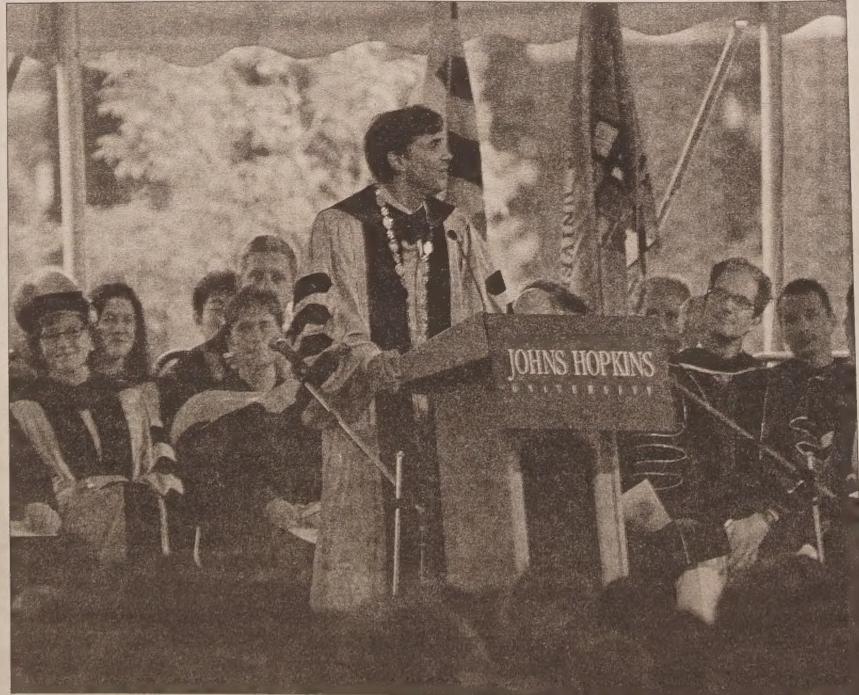
the best places to study * how to pick up girls at hopkins
dining, on and off campus * baltimore nightlife
getting involved * being premed * gilman hall construction



The Johns Hopkins University News-Letter
Cover-Letter



ORIENTATION 2009



N-L says: Welcome (back).

At this point in time, you might be excited about school starting. You're yearning to learn and can't wait to inflate your GPA through hard work and solid studying. You've acquired your textbooks, allocated notebook space to various subjects and sharpened your pencils. You're going to bed early tonight and you're calling your roommate "Dude."

Or you might be ambivalent. Maybe you're a little nervous. Or perhaps you just don't care. Maybe you were here all summer anyway.

You might not want to go back at all. You still don't know exactly what you're taking this semester, you haven't filled out those gosh-darn health insurance waiver forms and you've seriously considered purchasing an ice cream truck and driving to California, selling popsicles in 30 states on your way. You know, just in case the grad school thing doesn't work out.

We say: it's okay.

Regardless of whether you have to downplay your enthusiasm about classes to preserve your reputation, or if you privately compare the floors of the library to the circles of Hell, the new academic year has begun. All you can do is try to stay above water, maintain your optimism and keep an open mind.

The Johns Hopkins *News-Letter's* Cover-Letter is the first in a series of weekly installments throughout the school year aimed at keeping you updated on news, arts, science and events at Hopkins and in Baltimore. Keep an eye out for Magazine issues like this one, focusing on specific parts of life in Baltimore and matters we hold to be important today.

Thanks, and have a great year!

-- Anum Azam and Husain Danish
Magazine editors, The Johns Hopkins News-Letter

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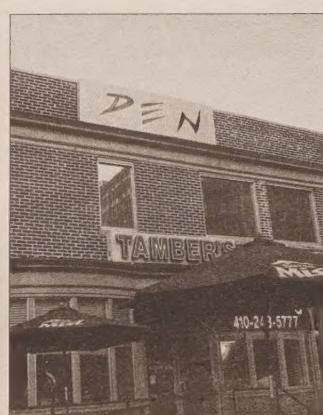


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Baltimore Briefs

Casino construction proposed near Inner Harbor

The Baltimore City Entertainment Group (BCEG) has proposed the development of a \$212 billion Celebration Casino slots parlor in downtown Baltimore, near the Ravens football stadium. Developers expect the parlor to generate half a million dollars of revenue and thousands of jobs for the city during its first year of operation.

BCEG plans to install 3,750 slots machines, the maximum number allowed. Of the revenue raised, the group expects close to \$400 million will be generated for the state, and \$20 million for Baltimore city. In addition to nearly 900 jobs at the facility, 2,300 construction jobs will be produced.

There has been some public resistance for the proposed location of the slots parlor, and the location commission has organized public hearings for opponents to voice their concerns. BCEG has yet to submit a written proposal for the parlor to the Video Lottery Location Commission, but they plan to next month.

Hopkins hospital expands, adds new eye research center to medical campus

The Wilmer Eye Institute at Johns Hopkins celebrated the end of construction at

their new building at the Johns Hopkins Hospital. The new Robert H. and Clarice Smith Building, named for the leading donors, is the first facility to be completed as part of the Hopkins medical campus expansion project. The project is scheduled for completion in the summer of 2011.

The new Wilmer building doubles the space devoted to eye-related research, with the addition of five floors. Researchers hope that the new building will eliminate the separation and lack of communication between senior and junior investigators, a major challenge in the original Wilmer building. The facility opened to patients in August, and the building dedication will coincide with the 80-year anniversary of Wilmer's first dedication on Oct. 16.

Developers invest in downtown homeless encampment

Two hotel developers have prepared to invest money in cleaning up a homeless encampment in downtown Baltimore. The developers have committed \$30,000 to St. Vincent de Paul Church at Jones Falls Expressway and Fayette Street.

The area, which has been a destination for the homeless for several decades, has recently become unsanitary with tents and leftover food collecting on the lot. Church officials closed the lot to the homeless on Aug. 1, and plans to reopen it next month, after which it will be cleaned daily by church volunteers.

This decision was made after years of

resistance by church officials, due to the expensive upkeep required. The church's pastor expects that the initial infusion of \$30,000 will be used in the initial renovation, and \$15,000 will be required annually for maintenance costs.

Arrest made for month-long robbery spree in local neighborhoods

After a month-long robbery spree, a 39-year old man was arrested last Tuesday when detectives staked out a business they believed he might attempt to rob.

Mark Lomax admitted to the string of 17 hold ups in 22 days, involving businesses in Charles Village, Mount Vernon and Fell's Point.

Lomax is a repeat offender, charged for robbing a Subway in 2005. At the time, Lomax was sentenced to 21 years in prison, but the conviction was overturned on appeal.

Mayor Sheila Dixon indicted by grand jury

Baltimore mayor Sheila Dixon was handed two indictments by a grand jury in July, accusing her of theft, misappropriation, misconduct in office and perjury.

In January, Dixon was charged with 12 criminal counts, five of which were dis-

missed after the new indictments were handed.

The original indictment in January stemmed from the more than \$15,000 in gifts Dixon allegedly received from her former boyfriend, developer Ronald Lipscomb, while she was City Council president.

She was also accused of using up to \$3,400 in gift cards, some of which were donated to her office for distribution to needy families, to purchase items for her and her staff. Dixon is the city's first sitting mayor to be criminally indicted.

Budget cuts could lead to layoffs in Baltimore city workforce

Baltimore Mayor Sheila Dixon said last week that city residents should expect to see layoffs and changes in city services. This is in response to the \$60 million spending gap created by the most recent state funding cuts resulting from the \$2.3 billion budget adopted by Maryland Governor Martin O'Malley in June.

The budget proposal includes furloughs and layoffs of state workers and reductions in aid for Baltimore and 23 other counties. In a show of solidarity with city works, members of the City Council will take voluntary furlough days.

Proposals to close the spending gap include reduction of the city's bulk trash reduction program, which costs about \$1 million, and reductions to Fire Department overtime.

— All briefs by Pooja Shah

Before you can't take it any longer, just talk with your roommate

By ANNE KIRWAN

When you first move in, your roommate basically seems like a reasonable and nice person. You think everything is running smoothly and that nothing can possibly go wrong. Little did you know about the brand new bong stashed under your roommate's bed. What now?

Developing a healthy relationship with your new roommate will be a key factor in your happiness throughout freshman year. This is not to say that you have to become best buddies with your roommate; rather, you should communicate effectively with

him or her. You could start a conversation by going over the roommate handout with them, making sure you are clear about your living arrangements. Unfortunately, though, Murphy's Law cannot be completely avoided by going over a checklist.

It is basically inevitable that, eventually, a conflict will arise with your beloved roomie. The best approach for dealing with this involves confronting the problem in a mature and diplomatic manner before things get out of control. Many people are shy about confronting roommates for fear of hurting the other's feelings. One way to avoid bashfulness is to practice "the talk" with someone you know. Reviewing the problem with your friends can give you a fresh perspective, but be wary of creating

rumors or gossip as a byproduct of these seemingly harmless discussions.

The hard part comes when you want to talk to your roommate. To avoid putting him or her on the defensive, try not to accuse your roommate of any wrongdoing. Instead, approach the conversation as if he or she does not know about your grievance. For example, it is better to ask your roommate if he or she is intentionally growing the mold that has invaded your room before jumping to hygiene-related accusations. A more passive-aggressive approach to solving this problem would be to decorate your roommate's desk with new cleaning supplies. While tactics, such as this one, avoid confrontation they usually end up creating more tension than they dispel.

After talking with your roommate it

may become necessary to discuss additional ground rules for your room. As the year goes on it is not uncommon for one or both roommates to stray from originally agreed upon behavior. Making sure you and your roommate are on the same page will help keep your relationship healthy.

In extreme cases, it may be necessary to involve your residential assistant (RA) or request a room transfer. Keep in mind that a room transfer should be a last resort, since most problems can be solved easily with a little time and compromise.

By the end of this year, your conflict resolving skills should be primed. Hopefully you will be able to look back on your experience with your freshman year roommate as a learning experience...and not a disaster.

Yo, too many BMES up in the MSE today

Welcome to Hopkins, where no one calls anything by its full name. Here's a guide to some common abbreviations to help you decipher cryptic conversations.

UniMini — University Market (previously known as University Mini Market), convenience store on the corner of 33rd and St. Paul. Open 24 hours, and the best place to get a chicken parm hoagie at 3 a.m. Students often congregate here during nights out. If you're lucky, you'll see the people who work there shouting at one another while making your bacon, egg, and cheese.

CharMar — Charles Street Market, campus market where students can use their dining dollars or J-cash to purchase grocery items at unreasonably high prices. Houses both Charles St. Subs and Einstein's Bagels, both of which also accept dining dollars.

FFC — Fresh Food Café, freshman dining hall and fruit-stealing extravaganza. Seriously, you can take serious amounts of fruit from this place as long as you don't get caught. Enjoy it while it lasts, freshmen.

The Beach — Grassy expanse of land in front of the library, where students often read or tan. During beautiful weather, you'll likely see students flock to the Beach, frisbees and beach towels in hand.

D-Level — MSE Library's lowest and quietest level (the library goes underground). Students come here to do some serious, no-distraction studying. Either that, or the D-Level Challenge (see below). Too much time here though, and you might become a pale recluse, unrecognizable to your peers.

D-Level Challenge — Refers to an often-discussed but seldom-achieved ongoing dare throughout a Hopkins student's undergraduate career, in which students have sex on D-Level. The difficulty comes in finding a location and being quiet enough not to get caught.

Wawa — The fraternity Alpha Delta Phi's nickname, which is unique to Hopkins; their old house used to be above a Wawa convenience store which has since been demolished.

Orgo — Stands for Organic Chemistry, more commonly (and more sensibly) referred to as Ochem on the west coast. Orgo is one of Hopkins' most dreaded classes, required for pre-medics.

CVP — Charles Village Pub on St. Paul, a great place to grab a burger or a beer with friends in a jovial atmosphere.

IR — Often used to denote the International Studies major; stands for international relations. Very popular major among Hopkins undergrads.

The Den — Nightclub located on St. Paul above Tamers and across from the Charles Commons Barnes & Noble. Often frequented by freshmen and students trying to get lucky on any given Thursday night, due to the proximity to campus and the lax carding.

Commons — Charles Commons, sophomore undergraduate housing, relatively new and very modern. Houses Nolan's, a cafeteria, and sits above the Barnes and Noble bookstore.

BMA — Baltimore Museum of Art, situated

on Art Museum Drive, by N. Charles and 31st. Admission is free, and there's an amazing restaurant inside, called Gertrude's. Though a bit pricey for the average college student's budget, there are great specials on entrées every Tuesday.

BME — Biomedical engineering, a major notorious for its difficulty.

Gatehouse — The quaint little cottage, complete with bridge, on the corner of North Charles and Art Museum Drive, that serves as the *News-Letter* office. Often can be seen busy with activity on Tuesday and Wednesday nights.

HAC lab — Homewood Academic Computing Lab, open 24 hours in the basement

of Krieger Hall.

Lax — Short for lacrosse, Hopkins' most famous athletic claim to fame.

MSE — Milton S. Eisenhower library, arguably (and sadly) one of the most social spots on campus. M-level is open 24 hours throughout the school year and houses Café Q, a café providing caffeine and sustenance for slaving students.

PJ's — Local pub popular with students. Different specials everyday, such as Taco Tuesday, bring people in to relax during the week, and it's likely you'll see the same crowd hanging out in here weekend after weekend.



ANNE FABER/GRAFICS EDITOR

student council organization. Elections are held each year for positions on SGA executive board and as class officers.

MICA — Maryland Institute College of Art, located relatively close to the Hopkins campus, and home to many brooding artists and hipsters.

Eddie's — May refer to the supermarket on St. Paul or the liquor store close by.

IFP — Intro to Fiction and Poetry, a popular intro writing course often taken to help fulfill the 12 writing credits required by University distribution requirements.

JHMI — Johns Hopkins Medical Institutions, which include the Bloomberg School of Public Health and the medical

school. There is a free shuttle from Homewood to JHMI and vice-versa, that runs all day. The shuttle schedule can be found online.

Fell's Point — A community lined with bars and pubs, and a popular destination for Hopkins undergraduates and locals, especially on Halloween.

Fed Hill — Federal Hill, Baltimore neighborhood where students often cab to on the weekends to check out the bars and pubs.

DMC — Digital Media Center, full of resources for students, from making your own poster prints to classes on Photoshop and more.

JHUC — JHU Confessions, controversial campus gossip website. More people check this site than will admit to it.

PUC Lab — The physics undergraduate computer lab, room 478 in the Bloomberg physics building. A computer lab intended for use by undergraduate physics students, especially majors.

Rec Center — Ralph S. O'Connor Recreation Center, where students and faculty alike go to work out. There are squash and basketball courts, an indoor track, a weight room, a rock climbing wall, dance classes, and many more resources to help you stay healthy and fit.

WJHU — Student-run radio station. Hear WJHU on the Internet.

SAC — Student Activities Commission, which allocates funds to the student groups on campus.

CSE — Committee for Student Elections. Deals with election rules and the controversy that ensues when the rules are broken.

RAB — Residential Advisory Board. Responsible for social life in the dorms.

Hop Cop — JHU security patrolmen. Not only do they keep us safe, they also look really entertaining going down steps on their Segways.

— Diana Baik

Explore other study locations to maximize your productivity

By THOMAS DANNER

As a newcomer to Hopkins, you will become aware all too quickly of the academic demands this school imposes. You will likely begin to search out places to study. Unfortunately for you, the Gilman Hall renovation is still underway, and one of the best study spots on campus (known fondly to upperclassmen as "the Hut") is closed.

Fortunately, all is not lost. "Of course not," you probably thought. "I'll just go to the library."

Sure, you could do that. But let's face it. The MSE can be stuffy, dark and downright depressing. D-level is the academic equivalent of a fallout shelter (you don't even get cell phone reception), and the novelty of studying underground wears off all too quickly.

Furthermore, studying at the library makes you feel way too guilty when you leave on a Friday afternoon and have to pass by rows of students diligently grinding away at their work. Finally, it is all too easy to catch a case of alphabetitis — a pathological belief that your grade in a class is inversely proportional to the library level at which you study for it — as you slowly descend deeper and deeper underground, searching for that place of ultimate solitude.

Unfortunately, a bunch of people in one room trying to be quiet actually makes a lot of noise (ever heard someone try to eat a crinkly bag of chips ... really,

really slowly?).

Let's face it: aside from the apocryphal "D-level challenge," there's not too much fun to be had there.

At this point, you may be a bit depressed at the prospect of not finding that perfect cubby in the library that most people envision when thinking about the typical college experience.

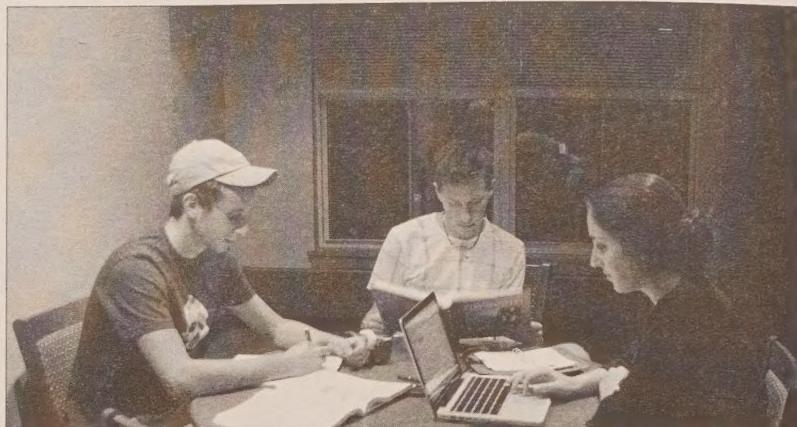
But it's okay. Breathe. The campus is packed with a variety of study spots that include such benefits as fresh air, a cool breeze and a view of the sky.

This is good for several reasons, not least of which that scientific studies have shown (really, I'm not making this up) that the environment you study in can have an effect on the amount of material you retain as well as your overall mood.

If it's a nice day out, why not bring your books and a blanket to the beach? Granted, sleep, Frisbee and socializing are more likely to occur than studying, but with a little focus you can still manage to finish up a paper or get some reading done.

Want to get in touch with nature in a little more secluded location? The campus has lots of grassy areas that are not as busy as the beach or the freshman quad. Try out the patch between the beach and the Mattin Center, or bring a blanket to the Greenhouse lawn (right behind Gilman Hall) and do some reading by the fountain.

And benches: the campus has loads of them everywhere. The main paths can be a bit busy, but there are several quiet spots (try some of the ones by the Decker Quad and Mason Hall or by the rec center).



DANIEL LITWIN/PHOTOGRAPHY EDITOR

Students take advantage of study lounges in Charles Commons at night, when the library seems so far.

Looking for something more secluded and with interesting scenery? Try the sculpture garden next to the Baltimore Museum of Art (BMA). It's open throughout the day and has several comfy benches. Plus, it's full of interesting stuff to look at.

Even the BMA itself offers some quiet spots to study. Perhaps sitting across the room from a larger than life-size bronze cast of Auguste Rodin's famous sculpture "The Thinker" might make you feel a bit better about your frustrations with calculus homework (unlike the statue, you won't remain in a state of infinite bewilderment—hopefully!).

Another great study spot is Levering. The chairs and tables outside are nice, but inside there is a nice, well-lit study room, fully equipped with sofas, comfy chairs and desks. As an added bonus, you are right next door to Pura Vida, where you can satisfy the inevitable caffeine cravings.

Speaking of caffeine, coffee shops can offer a nice, social atmosphere and free wireless internet. As an added bonus, they also smell good. There are a variety of shops in close proximity to campus. There are two Starbucks locations: one independent located near Chipotle and one in the Barnes and Noble.

If you are looking for something a bit more unique, One World Café, a short walk away from Homewood Field, also serves great coffee along with a bevy of other treats including breakfasts, lunches and dinners. Café Q on the top floor of the library is another nice choice if you find yourself unable to escape.

As an added benefit of studying at a restaurant or coffee shop, food can be a very effective bribe. Forcing yourself to wait to buy that delicious-looking muffin or tasty croissant until you finish your lab report can be a powerful incentive.

Silk Road Express, located in the

Swirnow Theater Building by the Mattin Center, also offers a nice place to study with a variety of seating and computers. The Fresh Food Café, as you've undoubtedly already discovered, is passable as a study space (and being all you can eat, you can make that one meal swipe go a long way). However, it is often too crowded or noisy for focusing on anything that requires too much close attention.

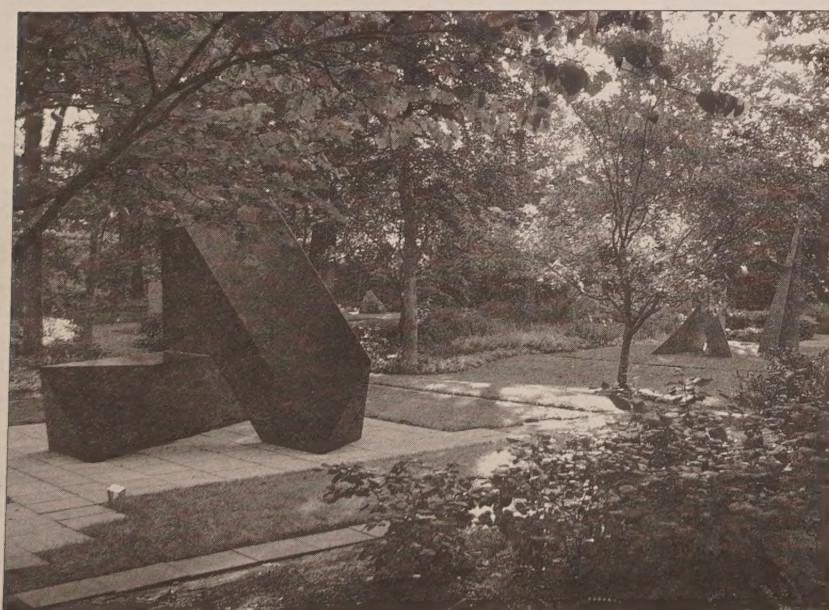
Don't neglect academic buildings on campus, either, as they are wells of untapped potential. Among others, the Bloomberg Center and Olin Hall have nice seating areas that are low-trafficked and quiet, especially in the afternoons when classes are finished.

What if you don't feel like making a trek all the way across campus just to get some reading done? It's not a problem. Try the Blue Jay Café in AMR II or the study room located in the basement. As an added bonus, it's right next to the laundry room, so you can knock out two undesirable tasks at the same time.

AMR I, Buildings A and B, Charles Commons and many of the other residential areas on campus also have study spaces of varying size and accommodations. Be sure to take a look at all of them and see how they work for you.

There's no clear winner in the hunt for the best study spot -- it's a matter of taste and experimentation. The optimal place to study often varies, and it frequently means striking a balance between how productive you'd like to be and how much work you have to get done.

You simply have to find the place where you can get your studying done as quickly and painlessly as possible. Fortunately, at Hopkins, you will be doing a lot of it in the next four years, so you should have plenty of time to nail down that perfect spot.



DANIEL LITWIN/PHOTOGRAPHY EDITOR

Can't deal with the stuffiness of indoor study options? Try taking your books to the sculpture garden.

What they didn't tell you at Sexcapades

Ever want to know the secrets of getting it on with that special someone? So do we....

By CHRISTINA WARNER

We all know that college isn't about collecting the most internships or getting the highest GPA. It's about finding that perfect significant other. Or, it's about getting laid. What you are about to read are various methods (all tested by willing subjects) used to achieve both of the above while cohabitating in the Hopkins environment.

Finding someone who's worth the study break

While Playboy may have ranked Hopkins undesirably low in their "Hottest College Co-eds" study a few years ago, one should not leap to the conclusion that he or she will be unsuccessful in sexual or romantic pursuits. One just needs to know where to look.

At other schools, it might be said that the library would be where one could find a bookish, intellectual type. Let's not kid ourselves, though. This is Hopkins. You will find everyone from athletes to BME

majors in the MSE. In fact, the library might be the largest feeding ground in which to select a future mate. It's simple statistics: as the library is the most populated place on campus, you have the biggest chance of finding someone who peaks your interest.

Looking for someone a little less stressed? You might want to try any of the cafés or coffee shops near campus. Students who choose these locals in order to study can work in a noisy environment. One might even say that he or she has the ability to multitask—a skill that we all know can be handy in the bedroom.

Of course, let's not forget that it is easy to meet people in class, in your building and in the grocery store. So, make a resolution to not live in your sweatpants and t-shirts every day. Sure, what's on the inside is what really counts, but no one will know what a great guy you are if you look like you were an extra from Hackers.

It is also important to remember to approach these pursuits using a little bit of your Hopkins intellect. If your end goal is a one-night stand, please don't bang the girl who lives in the room next to you. That

might create some unnecessary enemies for you. However, if she is the one who proposes a one time roll-in-the-sheets, you can disregard the above point.

Finding someone who interests you might be the hardest part of the mission to get into someone's bed (or heart). Be proactive and eventually you will find someone to be the substrate to your enzyme.

Getting the object of your affections to give you the time of day

It can be intimidating to get someone to look your way. But there are several no-stress, low-commitment methods to approach your special someone.

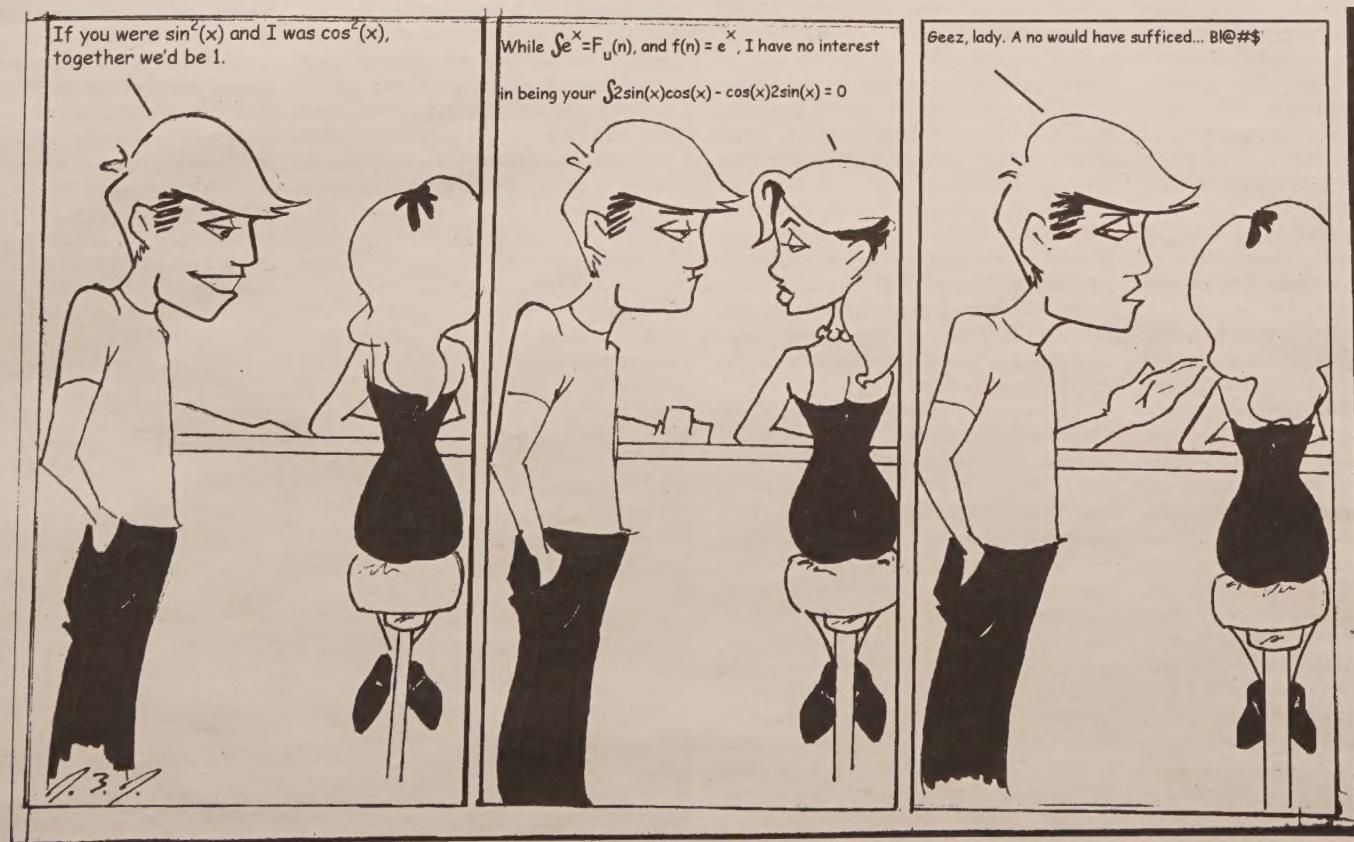
If you are lucky enough to have a class with the girl you like, defer to the classics: ask her to study with you.

Generally, study dates are not about getting A's, they're about getting laid. Hopkins, though, is the exception. But study dates are still a simple way to start your courtship. If you're not big on subtlety, just go ask the girl in your Expos class to come back to your dorm room to help you study anatomy. She'll get the picture.

Any party environment (however cliché that is) can be an easy way to pick up someone. Keep in mind, though, that if you are looking for a lasting relationship, hooking up with a slightly intoxicated girl who may or may not even go to Hopkins is probably not the way to go. The reason that frat parties, or any parties in general, are such good places to meet people is because alcohol introduces an element of comfortability. Not only does one's nervousness disappear, but also so do one's inhibitions. You decide if that's a good or a bad thing.

Getting together with a big group of friends can be a more solid way to progress your relationship with someone. Perhaps a field trip to the Inner Harbor will inspire some bonding. Or, you and a group can go to a lacrosse game together. If it is one of the earlier games and the weather is still chilly, bring a blanket and share it with her.

The main point of the above section is that if you are attracted to someone, you should do something about it. Or you could always write about it on JHU Confessions instead.



WRITTEN BY JUSTIN JONES AND PAYAL PATNAIK

Covered grades: take some chances, but still try to pass

By SARAH TAN

Ah, covered grades. How I miss thee!

Some people jokingly say that since Hopkins will work you twice as hard for the next seven semesters, they will give you a break on your first.

Hopkins' course load is taxing, so for one semester, it's great to let freshmen gather themselves and get used to dorm life and college schedules without having to worry too much about keeping up their grades.

Hopkins' covered grades policy has been a point of contention amongst administrators and students since it was first introduced about 40 years ago. While administrators have decided to keep the policy in place for this year's freshman class, the debate will inevitably resurface again for next year's incoming class.

At first, the prospect of covered grades sounds like a no-brainer; of course we all want to have our first semester grades covered! But some opponents argue that the policy does not reward those students who work hard during their first semester, and that it seems to give most freshmen an excuse to slack off and party more.

On the other hand, covered grades provide freshman with the opportunity to have a "trial run" at Hopkins, which is a great way to slowly transition kids into living the college life. Love 'em, hate 'em, covered grades are here, at least for this year's freshman class, so here are some of the basics you should know:

The covered grades policy basically states that for a freshman's first semester at Hopkins, letter grades will not show up on your transcript. Although professors will still grade you with real letter grades, they will be covered on the transcript with an S for satisfactory, or a U for unsatisfactory. S's are awarded for grades that are a C- or better, and U's for grades that would have been a D+ or lower.

Basically, you will get credit for the classes that you take first semester, and as long as you don't get lower than a C-, you won't have to stress out *too* much about grading. The covered grades will not factor into your GPA, and for the most part, will not be uncovered for anyone aside from your academic advisor.

I know, "easing into college life" can really mean frat house hopping and partying hard, but be warned: too many Unsatisfactories will alert Aca-

demic Advising, and you will be put on academic probation, which is not any fun at all.

Also, those classes that you take first semester are (most likely) the basis for more advanced courses that you will be taking later on in your career at Hopkins. If you aren't at least semi-alert in those classes, you'll be totally lost in the coming semesters.

In addition, remember that if you're thinking of applying for any scholarships in the next semester, or if you're already here on a scholarship, donors will want to see your first semester grades to make sure they meet their standards.

Also, although few students plan to transfer out of Hopkins, some people do it, and if that does turn out to be the case, covered grades will be uncovered for the admissions office.

All in all, most upperclassmen would probably advise freshmen to try and do their best this semester.

Freshmen, you don't have to break your back getting A's, but you also don't want this semester to turn into an extension of your summer.

Believe me, when the second semester of school rolls around, if you've been slacking off too much, it will be tough for you to make the transition back to studying hard. As a result, your grades will suffer and this time it will actually count.

Keep in mind that you can explore a course you've never experienced before. It's always a terrible feeling to look back later in your years at JHU and say, "Man, I wish I'd have had the chance to try THAT." Challenge yourself by taking a new subject; there will probably never be a better time than now.

Also, while grades don't have to be the center point of your life, explore the campus and the city around you, meet new people, join some interesting clubs, and get a feel for balancing classes and extracurriculars at Hopkins. Hey, you might even want to go to a few parties. Most likely, once grades actually count, you won't have as much free time as you have now.

But make sure you balance your life and your class schedule. While most people smirk at that freshman who is already locking himself away on D-Level of the library (you'll have plenty of time for that in upcoming years, trust me), you also don't want to be the other kid who, at the end of the semester, has landed themselves on academic probation.

Uncovering the struggle of Hopkins' first women

By POOJA SHAH

The opening of Hopkins in 1876 coincided with a time when women were demanding more equality with men, including the opportunity to pursue higher education. This struggle was met with resistance, based on the belief that coeducation was not proper and that women should not be exposed to the influences of universities in which young men resided.

The 1860s and 1870s were a frontier for coeducation, marked by the establishment of women's colleges including Vassar, Smith, and Wellesley, which offered courses at the level of men's schools.

As the question of opening graduate level studies to women arose, some universities adopted the policy of giving entrance examinations to women but did not grant them instruction or degrees. The trustees at Hopkins found this appealing.

However, women were able to make a strong case for admission to Hopkins; its level of advanced work offerings, namely laboratory research, was not available at any other institution. The absence of dormitories at Hopkins also played in their favor, since students resided in small groups in local homes, solving the problem of supervising female students.

These arguments did little to sway university officials, though they did express half-hearted agreement with the English solution of coordinate colleges for women that were associated with men's colleges.

In 1877, Martha Carey Thomas, daughter of a trustee, was accepted as a master's candidate. Although she was granted instruction by university professors and a final examination for her degree, she was not permitted to attend classes at the University.

Without stimulation from her fellow students, Carey Thomas struggled and withdrew from the university after one year, implying to the trustees that they had admitted her on terms that denied her sufficient academic support.

The following year, Christine Ladd, a notable Vassar graduate with several mathematics papers published under her name, was accepted to Hopkins but only permit-

ted to attend the lectures of the one professor who had advocated her admission. Though Ladd made great contributions to the study of logic and completed all requirements for a Ph.D, she was never granted a degree by the University. As part of the 50th anniversary celebrations in 1926, Hopkins granted Ladd an honorary Ph.D, 44 years late.

In 1888, the Methodist Episcopal Church opened the Woman's College of Baltimore, which later became Goucher College. The curriculum at the Woman's College was closely patterned after Hopkins. Trustees saw it as the perfect answer to any woman requesting admission.

As the 1800s came to a close, masculine resistance to coeducation was falling away and notable universities including Yale, Harvard and Columbia were letting women partake in full graduate studies, putting more pressure on Hopkins officials to shed their conservative policies.

This change was motivated in 1890 by a bribe. With the recent opening of the Johns Hopkins Hospital and the medical school, the University was in desperate need of funding. The answer came from a group of wealthy women who offered an endowment in exchange for a guarantee that women would always be admitted to the medical school with the same requirements as men. In 1890, the trustees accepted \$100,000 and their condition.

The official policy change for undergraduate women occurred in Oct. 1969, and in the following fall, 90 female students became undergraduates. They constituted less than five percent of the students in the Arts and Sciences program. By 1985, the proportion of women in the school of Arts and Sciences was nearly 40 percent, and today, the ratio of undergraduate men to women has grown to 52 to 48.



JESSI McDADE

Miss Mom's home cookin'? Here are some alternatives

Eateries on and off-campus offer myriad options for the hungry college student

By TIFFANY NG

Free food is arguably the quintessential college experience. But there comes a point after which one can no longer survive solely on Entemann's doughnuts and Oreo cookies.

The Fresh Food Café, or FFC for short, is the best option for students who are entitled to a certain number of meals in their dining plans. The FFC has a pretty wide selection of foods, including vegetarian and Kosher options. If you don't have time to sit down, you can also grab a take-out box.

Meals can also be redeemed at the Levering Food Court and Charles Street Market through the Meals in a Minute program, which includes a sandwich or salad, two sides, a dessert and a drink. Upperclassmen on a meal plan can also redeem meals at Nolan's, the dining facility in Charles Commons.

Dining Dollars allow the most flexibility in selecting what you can eat. In addition to all of the places mentioned above, Dining Dollars can be used at Einstein Bagels, located inside Charles Street Market, or the Pura Vida Coffeehouse in Levering Hall.

However, once on-campus options exhaust their novelty, there are many off-campus alternatives that are both convenient and affordable.

Aside from Chipotle, to which a large

chunk of your wallet will inevitably go to die, Saint Paul Street is also home to Coldstone, Starbucks, Donna's, several Chinese take-out restaurants and Tamber's, a peculiar fusion of diner food and Indian cuisine.

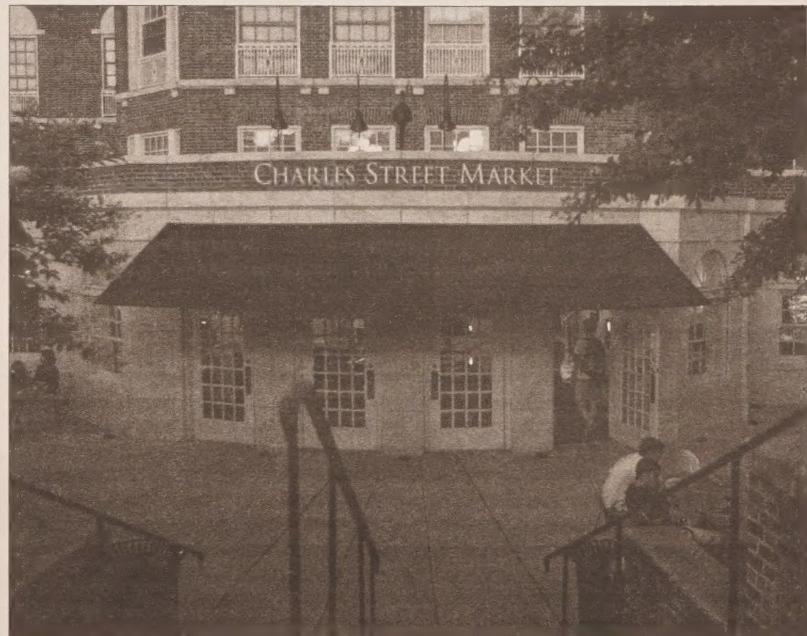
Other eclectic options include the Paper Moon Diner, where you can dine on omelets and sweet potato fries under the gaze of hundreds of action figures glued to the ceiling. Dominion Ice Cream on St. Paul offers several vegetable flavors, including sweet potato, tomato and the unexpectedly refreshing spinach.

If you're still craving those veggies, the dishes at One World Café on University Parkway are all vegetarian, pescatarian or vegan.

Other tasty cafés in the area include Café Azafran behind Bloomberg, Carma's Café on St. Paul, Chocolatéa on 39th Street, Sweet Retreat on 33rd and North Charles, Café Q in the MSE Library and Café Hon in Hampden, the neighborhood just west of the Hopkins campus.

Pete's Grill, on the corner of 32nd and Greenmount, has delicious breakfast portions that have been known to feed Michael Phelps. If you're skilled enough to break the record in their annual pancake eating contest, you not only get a cash prize, but also free food until your record falls.

While you're in the area, the Farm-



DANIEL LITWIN/PHOTOGRAPHY EDITOR

Turn your dining dollars into delicious foodstuffs at the extremely convenient, yet somewhat overpriced CharMar.

er's Market on 33rd and Barclay Street offers a wide variety of fresh fruits, vegetables and baked goods every Saturday morning until noon.

Purge yourself of healthy food and pick up some pizza from Hopkins Deli or P.J.'s Pub.

Parents in town? Dine in the sculpture garden of Gertrude's, located inside the Baltimore Museum of Art, which serves Maryland-inspired seafood. If you're not willing to wait and don't want to stretch your budget, Twelve Dollar Tuesdays feature many popular entrees for that price.

Additional upscale eats in Charles Village include the Carlyle Club (Lebanese), the Ambassador (Indian) and Alizée (French-Asian fusion).

The Collegetown shuttle, which runs between all of the colleges in the Baltimore area, can also take you to the Towson area, which has a huge variety of eateries. Mount Vernon, the neighborhood around the Peabody campus and, on the weekends, the Inner Harbor.

Towson features several chain restaurants, such as P.F. Chang's and the Cheesecake Factory.

The mall also has a food court if you're in the mood for some fast food.

Mount Vernon is known for the cultural diversity of its restaurants, which include the Helmand (Afghani), Iggy's (Neapolitan pizza), Akbar Restaurant

(Indian) and My Thai (Thai, obviously).

In the Inner Harbor, there are always plenty of seafood restaurants that offer Baltimore's specialty, Maryland blue crabs. But if wearing a plastic bib and pounding on crustaceans with a wooden mallet really isn't your thing, Little Italy is a short walk away.

One of the highlights of that area is Vaccaro's, an authentic Italian pastry shop, which offers all-you-can-eat desserts and drinks every Monday night. Sabatino's Restaurant offers delicious southern Italian fare.

Several other eclectic eateries are located west of Hopkins in the neighborhood of Hampden, within walking distance from campus.

Café Hon, whose two-story pink flamingo statue makes it hard to miss, offers a variety of sandwiches, burgers and typical Baltimorean specialties, including crab cakes.

Soup's On markets fresh-made, original soups for reasonable prices. The menu changes daily.

If none of these offerings piques your interest, you can always make it yourself after a trip to Giant or Superfresh, which has free shuttle service from the Hopkins campus every evening. But no matter what you do, it's pretty certain that you won't go hungry while in Baltimore.



DANIEL LITWIN/PHOTOGRAPHY EDITOR

Nolan's in Charles Commons revamped its menu last year to include a wider variety of dinner options.

Car-less in Baltimore? So is everybody else

Most likely, there's a way to get to your destination using public transit. Here's what you need to know to save money and get where you need to go.

By ERIC GOODMAN

The sad truth is that, during your time at Hopkins, you will spend a good portion of your life in either your place of residence or at the library. But that doesn't mean you shouldn't go out and live a little! The Baltimore metropolitan area has lots of worthwhile attractions and places of interest, and the "Charm City's" close proximity to Washington D.C. is an added bonus.

Navigating Baltimore can be tricky at first, but with various means of transportation, you should have no problems getting to your destination.

The Collegetown Shuttle

Two of the most frequented off-campus locales are the Towson Town Center and the Inner Harbor for their plentiful options for both food and shopping. Transportation to these two places is made significantly easier through the Baltimore Collegetown Shuttle. The Collegetown Shuttle is a free bus service that runs on a loop through the Baltimore college network (Towson University, Goucher, College of Notre Dame, Loyola, and MICA).

The schedule can be found online at baltimorecollegetown.org, and the buses run on both weekdays and weekends and go towards both Towson and the Inner Harbor. The JHU stop for northbound Collegetown buses (towards Towson) is in front of the main entrance to Charles Commons, while the stop for southbound buses (towards the Inner Harbor) is in front of the main entrance to the MSE library.

One of the few drawbacks to the Collegetown is that Hopkins is in the middle of the route, so buses can, at times, be already full when they reach us. This is especially true on Friday and Saturday afternoons. If this is the case, you sometimes may find yourself waiting for the next shuttle. The Inner Harbor is not accessible during the weekdays, but there are other alternatives (such as the Mount Vernon stop on the JHMI shuttle) that require no fee and a little extra walking.

Taxis

A very convenient option on campus is a taxi, especially if you are traveling to places within close proximity to campus, such as one of the local supermarkets, Penn Station, or even to the Inner Harbor or Towson areas. A taxi ride will

probably cost you between \$7 and \$20 dollars depending on how far you go, but if you carpool the fare can be split rather cheaply. Getting a cab is fairly simple, as the Charles Village area has plenty of taxis roaming around. You can also call the various cab companies and request a time to be picked up. Taking a taxi from Homewood to BWI Airport will cost you around \$35. Just make sure you remember to tip your cabbies.

JHMI Shuttle

The JHMI shuttle is a great option for those looking for free transportation to other Hopkins campuses around Baltimore. The shuttle primarily serves the JHU community as opposed to the general public, with several different shuttles running simultaneously. Shuttle stops include Homewood Campus, Peabody (Mt. Vernon), Bloomberg School of Public Health, and the Johns Hopkins Medical institutions, as well as the Eastern Campus and Penn Station.

Even if you have no desire to go to the med school campus, it's still often strategic to use the JHMI to your advantage as the first leg of your possibly complicated journey. If you're heading in the direction of downtown but don't want to spend \$20 sitting in a cab during traffic, why not hop on the JHMI to take you as far as Mt. Vernon? You could walk, take one of the ubiquitous MTA buses, or hail a cab for the remainder of the journey.

JHMI shuttles leave and arrive every few minutes during rush times and hourly later in the weekday, and run until around midnight, except on holidays. Weekend schedules usually run the shuttle hourly all day.

The schedule can be found online at http://www.parking.jhu.edu/shuttles_jhmi_homewood.html.

Getting in and around D.C.

Public transportation in Baltimore can also be convenient and cost effective. The MARC train is a popular option for students wishing to travel to Washington D.C., as MARC trains to D.C. leave Penn Station roughly every hour, with a round trip costing \$14. Once in D.C., students can take the D.C. Metro subway system to get to most parts of the city. The MARC train also goes to BWI Airport, with a round trip costing \$8. The Maryland Transit Administration (MTA) runs buses throughout Baltimore. The bus fare is very cheap—\$1.60 one-

way, \$3.20 round trip and \$3.50 for a day pass. The 3-line is the main MTA bus that runs through the Homewood Campus. It stops on N. Charles between 32nd and 33rd streets. The bus is the most suitable option (since the Collegetown does not stop there) to get to the Towson Marketplace, a fantastic shopping center which houses a Target, Bed Bath & Beyond, PetSmart, Walmart, Marshalls, Sports Authority, Toys R' Us and Panera Bread. If you are going to this shopping center be sure you get on the bus towards Sheppard Pratt and not the Inner Harbor.

Though seldom used by Hopkins students, MTA also provides light rail and metro services. The light rail system is a mix of a tram car and a train service, with various light rail stations scattered throughout the city. However, for Hopkins' purposes, the only convenient stops are at Penn Station, Camden Yards and BWI Airport.

The Baltimore Metro is a subway line which runs partially above and below ground. The southern terminus is at Johns Hopkins Hospital, but there are no stops near Homewood, with the only real convenient stop at the Charles Center, which is downtown near the business district.

But if you need to get around downtown, it's usually worth checking out where the convenient light rail stations are, because chances are this quick and easy mode of transportation will have you wondering why you ever took a cab.

For the few and the brave: cars

Having a car in Baltimore can be both a major benefit and a major hassle. The obvious benefit is convenience; you can go wherever you want, whenever you want, without having to work around the public and private transportation schedules.

Yet, most undergraduates at Hopkins do not have cars and, by bringing one, you will most likely be bounded by people asking for you to either drive them somewhere or to borrow your car. Parking on campus is expensive. There is student parking at the San Martin Garage for \$350 a semester.

But it should be pointed out that freshman are not allowed to have cars on campus, and are excluded from parking in this lot. Other options include parking on the street, for which you would have to pay a meter free, parallel parking during certain times on certain streets (and risk getting a ticket), or finding an apartment building around campus with a parking garage. However, since you will likely be spending most of your time at Hopkins on campus, it is not imperative that you have a car.

It's not uncommon throughout the course of the year to feel the need to get away from campus. But you are not at a loss for transportation options here at Hopkins, and should you feel the need to go exploring, well, go exploring!



HUSAIN DANISH

JHMI shuttle provides free and easy access to all the Hopkins University campuses in Baltimore.

Navigating the world of GRΣΣK life at Hopkins

By ERIC GOODMAN

While the terms 'Animal House' and 'Johns Hopkins' are not usually synonymous, newcomers to Homewood will be surprised to know that Hopkins has a vibrant and active Greek life. With nearly a quarter of undergraduates involved in either a fraternity or sorority, Greek life has a well-established presence on campus.

The fraternity and sorority community at Hopkins is comprised of roughly 1,000 students in 13 fraternities and seven sororities. Chapters host social events, educational programs, community service events and philanthropy projects for their members as well as for the Hopkins community.

"In my experience, one of the best things about Johns Hopkins Greek life is that the members, for the most part, are very well rounded," Hopkins Coordinator of Greek Life Rob Turnring said. "At Johns Hopkins, it is not uncommon for a Greek to also be an athlete, serve on student government, be an RA and/or be a member or officer in still another group."

There are currently 11 Inter-Fraternity Council (IFC) fraternities on campus: Alpha Epsilon Pi (AEPi), Beta Theta Pi (Beta), Sigma Phi Epsilon (SigEp), Phi Delta Theta (PhiDelt), Phi Kappa Psi (Phi Psi), Sigma Alpha Epsilon (SAE), Lambda Phi Epsilon, Sigma Chi (Sig Chi), Phi Gamma Delta (FIJI), Alpha Delta Phi (WaWa) and Pi Kappa Alpha (PIKE), as well as two multicultural fraternities, Alpha Phi Alpha and Iota Delta Nu. Another organization which is neither IFC or multicultural is Delta Phi (St. Elmo's).

There are three Panhellenic Council sororities: Alpha Phi, Kappa Kappa Gamma and Phi Mu. The four multicultural sororities are Alpha Kappa Delta Phi (aKDPhi), Delta Xi Phi, Lamda Pi Chi and Sigma Omicron Pi (SOPi).

While all of the organizations listed above are 'social,' the IFC fraternities and Panhellenic Council sororities are generally larger and are more active on campus with respect to throwing parties and social events.

While SigEp has the only official 'fraternity house' on campus, most of the fraternities have houses with a few brothers living together in which they hold social events (Sig Chi and Phi Psi are on 33rd street, SigEp is on Wyman Parkway, PIKE and WaWa are on North Charles, Beta, St. Elmo's and AEPi are on East University and SAE is on St. Paul). These houses range in size, both physically and with regards

to the number of brothers living within them. Fraternities will host parties, social gatherings and mixers at their house throughout the school year. These events can be brothers-only events or open to the entire community. On any given weekend you should have no trouble finding a fraternity party to go to, and fraternities will often advertise their parties on Facebook up to a week in advance.

None of the sororities currently own a house, but they hold date parties and formals at off campus locations and hold mixers with fraternities on campus.

In order to join a fraternity one undergoes the recruitment process—called rush—during spring or fall. Each fraternity has its own unique rush process which allows you to meet and interact with brothers. Rush generally consists of events ranging from pizza and wings at the house to going to a ballgame or to another event in which you and the brothers can get to know each other. At the end of the recruitment process, if the fraternity feels you would be a good fit you will receive a 'bid' to join, which you can choose to accept or decline.

Sorority rush works slightly differently. Throughout the process the women (Potential New Members or PNMs) are narrowing down their preference of chapter. At the same time, the sororities are also narrowing down the list of women they want to ask to be members. They look at factors such as academic performance, involvement on campus, personal interviews and legacy relationships. In the end, through this mutual selection process, women participating are offered membership in one of the three NPC sororities.

Freshman cannot rush fraternities or sororities until the spring, but should take the opportunity during the fall to get to know the brothers and sisters.

"The fall is the best time to go out and get a feel for all the different fraternities," said Scott Clark, Vice President of Recruitment for Sigma Phi Epsilon. "[It's] a great time to meet brothers and determine if Greek life is for you."

Turning suggests taking the fall to find out what each fraternity or sorority is about.

"A freshman should not judge a chapter by their social events," he said. "Freshmen should be asking the tough questions, such as what leadership opportunities are available through the chapter? Or where does it stand in the grade rankings? If someone is joining a fraternity or sorority for just the social aspects, they are short-changing themselves."

When in trouble, security is just a phone call away

By ANNE KIRWAN

You have already endured several scary talks about Baltimore, from your parents, peers, and Campus Safety and Security. While you may want to roll your eyes at this article as well, it is important that you know the resources and services available to you as a student while at Hopkins.

Emergency?
Call 410-516-7777

In the event of an emergency, first responders are available on campus 24 hours a day. Call the number above to report your emergency. This is a number that should be programmed into your cell phone.

Escort Vans
Call 410-516-8700

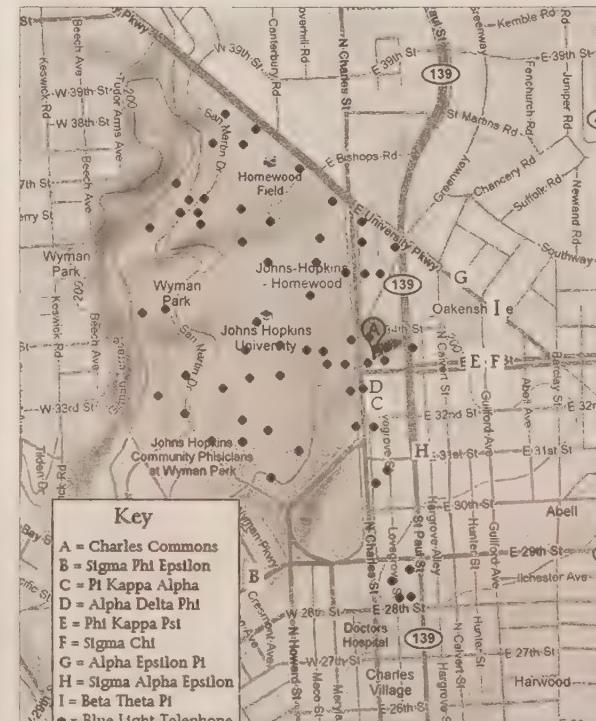
If you need a ride back from the library late at night, or just a ride to the local grocery store, the escort vans are here for all student needs. Escort vans run from 5 p.m. to 3 a.m. You may have to provide a J-card for identification, and the vans only run within a one-mile radius of campus. But the escort vans can't be beat for avoiding late night walks back home from the library, or avoid having to lug heavy groceries home at normal hours.

Check out incident reports

Campus Security posts daily reports of campus crime activity. It is important to make note of the kind of activity which happens in certain areas around and off-campus. You might be surprised at how close some of the reported incidents are to your apartment, house or dorm.

Blue Lights

Blue lights are located around campus for emergencies as well. Push any of these blue lights to activate an alarm and 30-second response team. The blue light



ERIC GOODMAN

Blue Lights are located throughout campus, providing security net to students. Fraternities also surround the campus on three sides.

locations map can be found at <http://www.jhu.edu/security/emergency.pdf>.

CCTV's (Closed Circuit Television)

CCTVs are a type of live camera monitoring system which are installed in various public facilities around Hopkins. This is a new technologically advanced security system provided by Hopkins security.

RAD (Rape Aggression Defense)

Call 410-516-4671

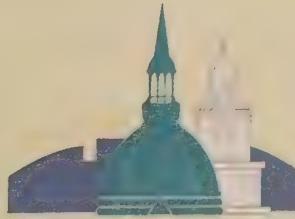
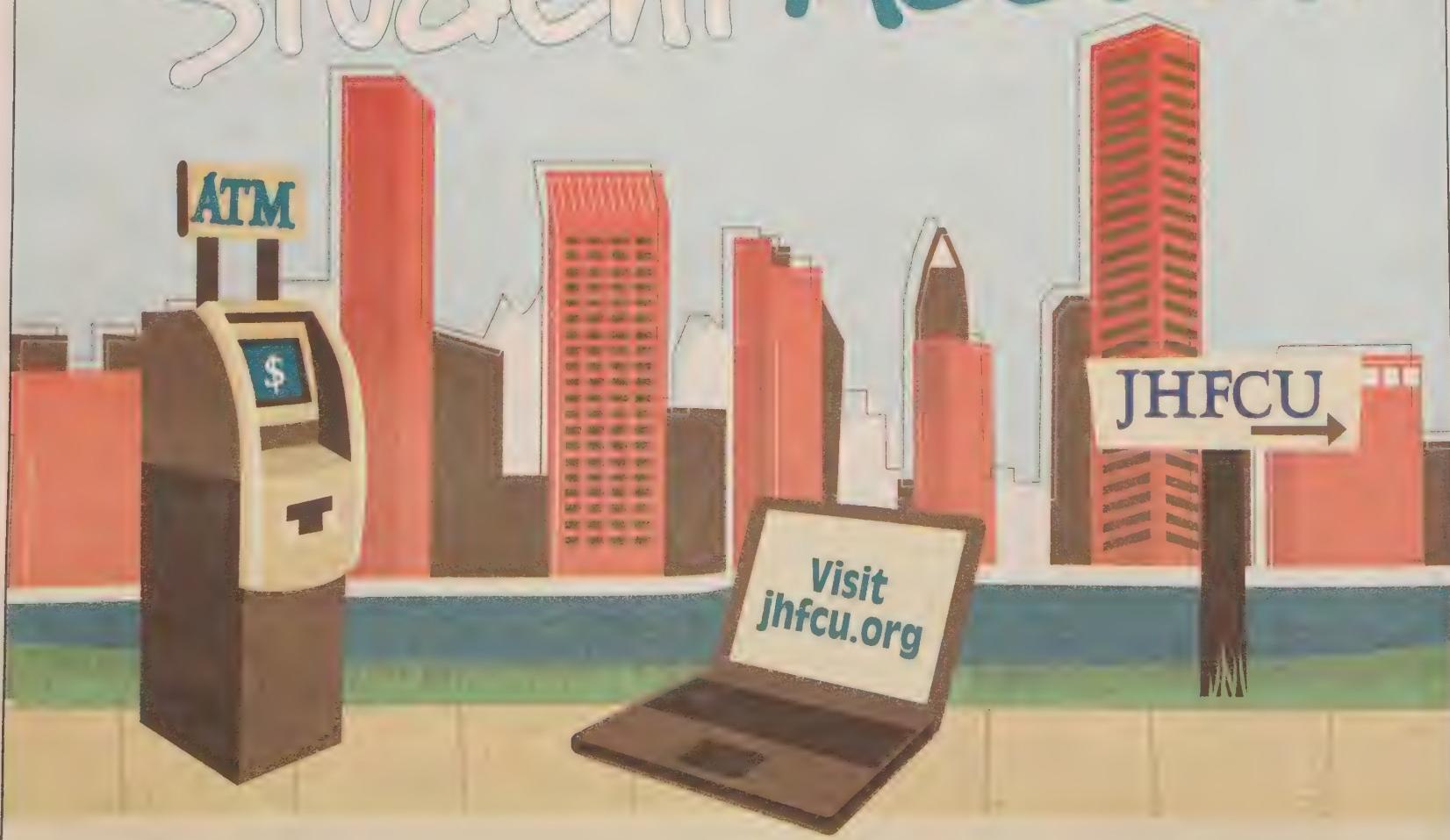
Self-defense classes are available to women on campus. The free course consists of four, three-hour classes. RAD classes will be available in October, so call the number above to reserve a spot in a class.

Hopkins aims to keep its students as safe as possible, but our school cannot do all the work for us. It's best to always think through situations, and make sure you are not putting yourself in danger. Remember to always walk in groups and carry a cell phone programmed with the numbers above.

If you have any questions, don't be afraid to contact Campus Security. They also give away free whistles and campus gear!

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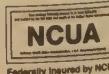
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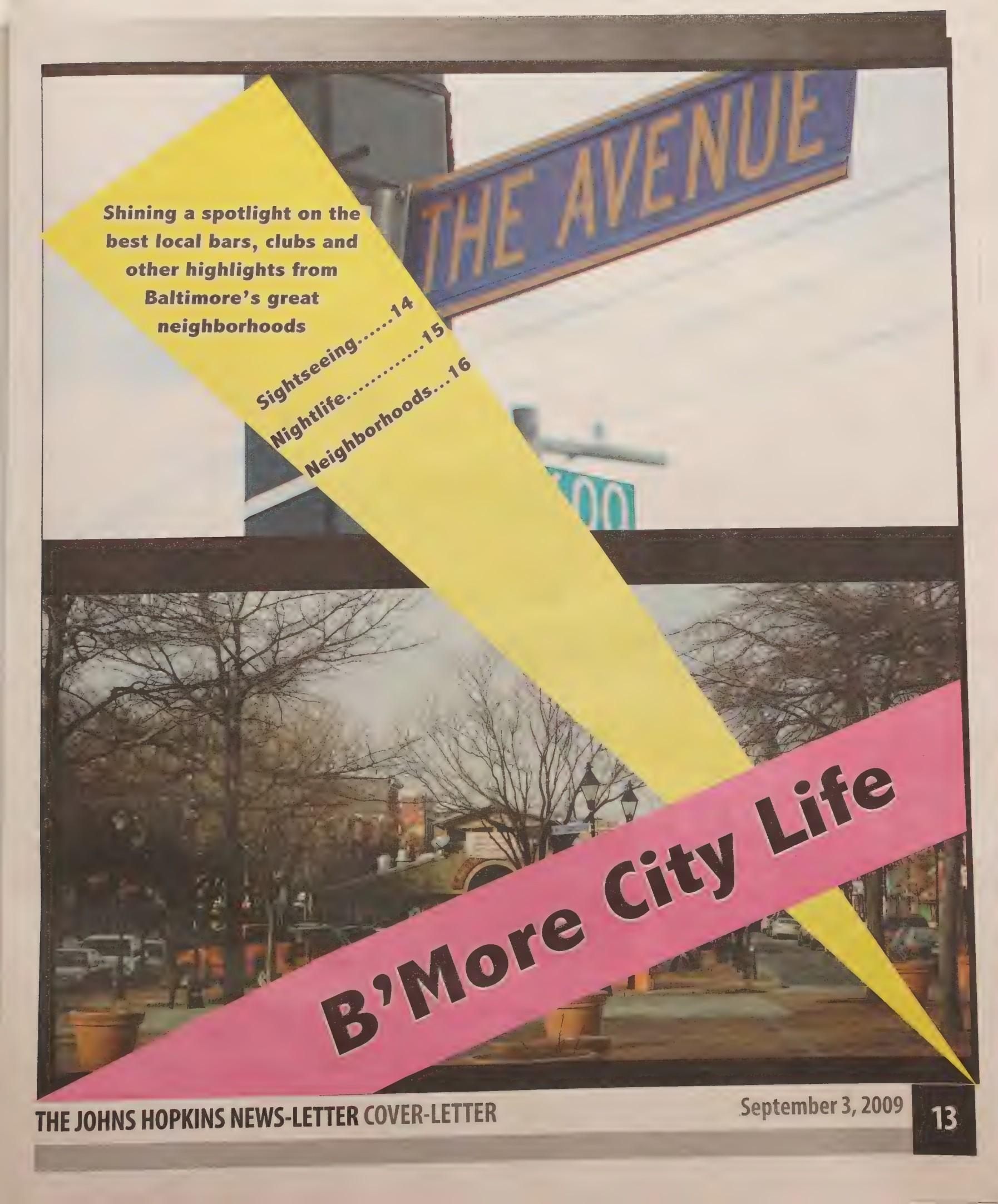
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**Shining a spotlight on the
best local bars, clubs and
other highlights from
Baltimore's great
neighborhoods**

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B'More City Life

Baltimore sights, from Charles Village and beyond

There's lots to see and do in this city. It's good to take some time out of your weekends to check out these hotspots.

By SARAH TAN

With the luxury of covered grades, you freshmen have, as the old song goes, time on your side. So what can a bored freshman to do in Baltimore?

Well, you definitely don't want to miss out on seeing these Baltimore hotspots.

One of the first things that comes to mind when sightseeing in Baltimore is definitely the Inner Harbor. Revitalized in 1980, it is now one of Baltimore's most happening places.

If you're into shopping, there are a ton of stores to peruse on Pratt Street, ranging from an Urban Outfitters to a Gap to a Filene's Basement, in addition to a lot of nice places to eat. A trip to the Inner Harbor is easily a full day affair.

Aside from shopping and eating, you also have the famous Baltimore Aquarium with an impressive sting ray and shark tank, which is definitely something you don't want to miss! In addition, if you want to stay outdoors, the Harbor has duck tours and a water taxi to show you around. If the weather is pleasant, you can also rent a paddleboat and go around the Harbor yourself.

A little closer to the Hopkins campus and second on the list of local attractions is definitely the Hampden neighborhood right behind Hopkins. It's an artsy little area with a lot of adorable boutiques, vintage stores and book stores, as well as some interesting organic food.

The entirety of Hampden really stretches only along one street, 36th Street, so it's easy to see all Hampden has to offer in one long, eventful stroll.

Even closer to Hopkins, and very easy to get to, is the Charles Theater. It's straight down North Charles a few blocks above Penn Station. The theater plays interesting and quirky independent films, and you can check its schedule online beforehand.

On the same block, you'll find the highly acclaimed Everyman Theater, whose productions have won a lot of awards in Baltimore. Flanking the Charles Theater

are a cute crepe shop (Sofi's Crepes) and a tapas restaurant (Tapas Teatro).

Also around Penn Station is the Maryland Institute College of Art, or MICA. Its main building is constructed from an old train station that used to be Penn Station, and if you look down, you can still see the old tracks. MICA hosts a lot of creative

parties, especially around the holidays. These events are fun to attend, especially if you befriend a cool MICA student.

You should also remember to check out the famous Senator Theater on York Road down in Belvedere

Square. It's decorated in Art Deco style and is a remnant of the old Baltimore of the 1950s. It's one of Baltimore last standing single-screen movie theaters, and grabbing some friends for a trip pays tribute to this iconic city theater. Movie prices are usually pretty cheap at around five dollars, which is a much better deal than the movie theater in Towson.

The Mount Vernon area by Peabody is another great neighborhood that shouldn't be forgotten. The area offers a number of interesting ethnic restaurant options, some of which specialize in Indian food, Thai food and Japanese food. There are a lot of quirky (and pricey) boutiques in the area, but the destination most worth visiting is definitely the Peabody Library.

The historic library was built in 1852, and now holds an expansive collection of books pertaining to history and music.

Even if you're not really into those subjects, the library is worth a stop just to see the inside, which is gorgeous. The atrium

is 61 feet tall, and has been described by some as a "cathedral of books". Clearly a sight prettier than the MSE.

Also in the Mount Vernon area is the Walters Art Museum. This destination usually has a lot of interesting feature exhibits as well as an extensive collection of Egyptian art, Greek and Roman treasures and medieval armor. And don't forget to check out the butterfly exhibit!

In addition, if you're into monuments, there's the Washington Monument. It's the first monument dedicated to George Washington, and it stands in the center of the Mount Vernon area.

Closer to Hopkins and also worth a visit for a good dose of culture, is the Baltimore Museum of Art, located right next to the Mattin Center. Admission to the BMA is free, and it usually has interesting contemporary art exhibits. Check out the BMA's sculpture garden as well, which features modern sculptures, before heading back to the center of campus.

Another popular destination is Fell's Point. Most Hopkins kids go there on Halloween, when you can walk up and down the street and see a parade of people in a bunch of really interesting and creative costumes. There are a lot of bars in this area, but that's only a plus if you're legal to drink! Be sure not to miss the very unusual Baltimore Tattoo Museum, which is great for a quick stop and look.

If you're willing to travel out a little farther, there's the Towson Shopping Center. There are a number of local buses as well as Hopkins shuttles that you can take to get there, and the mall offers all

of your usual clothing stores such as Macy's, JC Penney, American Eagle and Abercrombie. Down the street from the mall, you'll also find a Barnes and Noble and a fondue restaurant, the Melting Pot.

Finally, if you're on campus and itching for a beautiful view, go

to either the 11th and 12th floor lounges in Charles Commons or visit one of the Northway balconies. You won't be disappointed by the cityscape straight to the Harbor.



HUSAIN DANISH

The exhibits at the Walters Art Museum are a must-see.



FILE PHOTO
The Charles Theater on North Charles plays artsy indie films.

Top ten Charles Village stores, restaurants and hangouts

1. **Carma's:** Tasty, organic and healthy options offered at reasonable prices. Couple it with a comfortable bohemian ambiance, and you've got a perfect place to chit-chat with friends or read a book solo. Try their famous yogurt!

2. **Normals:** This book and record store is located by the Goodwill on Greenmount. Lots of quirky findings and alternative publications can be found here in addition to rare used books.

3. **UniMini:** Well-known and extremely popular, though not typically a healthy option, UniMini is the place to go after (or during) a late night. A chicken parm or some mozzarella sticks can really hit the spot when downed with a cold milkshake.

4. **Charles Village Pub:** Known as CVP, this place is great to go for a burger and unbeatable bacon cheddar potato skins. Both the lively atmosphere and loyal patrons can attest to the appeal of this pub.

5. **PJ's Pub:** Many come here for the atmosphere, not the food. With everyday specials such as tacos or wings, why not order an accompaniment to your drink? You can just as well come in here on a weekday evening or a late Saturday night for this relaxed ambiance.

6. **Dominion Ice Cream:** Come here to sample some spinach or jalapeño ice cream. Other more conventional flavors are delicious as well. Try this place soon, because it is relocating.

7. **Hopkins Deli:** The sandwiches can be mediocre, but the pizzas are massive and delicious.

8. **One World Café:** Even ardent carnivores will find something to please their palates at this delicious vegetarian joint. The café in front is great for studying, the bar is good for chats with students or TAs and the restaurant is warm and inviting.

9. **Donna's:** Quality food at reasonable prices. A semi-upscale vibe with a small town sensibility make this a great date spot. You can dress down, though, especially in the outdoor seating area. Try the sweet potato fries with aioli and the truffle mac and cheese. You will be hooked.

10. **Waverly Farmer's Market:** Every Saturday, vendors sell everything from fruits and veggies to arts and crafts. These products are definitely worth the short walk from campus. Highlights include freshly baked bread, bicycle-powered smoothies, granola and steamed crabs.

— Diana Baik

Baltimore nightlife puts the charm in Charm City

By GREG SGAMMATO

Whether you're a music lover or a bar hopper, nightlife plays a key role in defining the college experience. Fledgling Blue Jays will find that Baltimore has much to offer after dark, from lively bars and famous music venues to coffee shops and quieter fare. Although Hopkins students rarely suffer from lack of work, they will discover a vibrant social scene outside the Homewood campus. Here are just a few night-spots offered by Charm City.

Bars and Clubs

No nightlife is complete without a wide selection of quality bars and clubs. In this regard, Baltimore certainly does not disappoint. Charles Village offers a few Hopkins favorites, such as PJ's Pub and Charles Village Pub. While both spots serve standard bar fare, the latter is known for their homemade buffalo wings.

Another spot frequented by Blue Jays is the Den, a club that most students have been to at least once. If you want to dance, the Den is probably the best option; you might receive some stares at the other bars. Be warned, though: Drinks are often pricey and the dance floor tends to get very crowded.

Leaving Charles Village, one will find even more spots to occupy a Friday night. Mount Washington Tavern contains four bars in a single location: Main bar features a DJ and emulates a club atmosphere; the Raw Bar serves fresh seafood; Sky Bar, set on the rooftop, is perfect for enjoying nice weather; and Garden Bar provides an intimate setting for a quieter, more private experience.

Mick O'Shea's is a great spot to enjoy Irish culture. The Gin Mill, located in Canton, offers a neighborhood feel and provides music and billiards for its patrons. Grand Central, a popular gay bar in Mount Vernon, is always inviting and friendly. XS, in the heart of Mount Vernon, serves breakfast all day, sushi and sake, as well as typical bar food.

Perhaps the most famous bar district in Baltimore is Fell's Point. Located to the east of Inner Harbor, this historic neighborhood is known for its bars and restaurants and truly has something for everyone.

The Greene Turtle and Fletcher's are typical bars with reliable service and food. Cat's Eye Pub often features live acoustic music and is open every day of the year.

For those looking for a slightly offbeat experience, Dead End Saloon is a nautically themed bar. If the Wild West suits you, visit The Horse You Came In On Saloon.

If a dive bar is more your style, look no further than Friends bar, a laid-back spot with decent food and a friendly atmosphere. Slainte Irish Pub will have you sipping on Guinness in no time, and Max's on Broadway boasts the largest fresh beer collection on the East Coast.

For a flashy, loud and fun night out, head down to Inner Harbor and visit Power Plant Live. Luckie's Tavern and Blue Door Bar employ unique décor and great service to raise them above the level of a typical bar. Angels Rock Club mixes classic rock and a club atmosphere, while Havana Club touts itself as Baltimore's hottest upscale nightclub. Mosaic has a lounge atmosphere and features the latest music from both Baltimore DJs and other artists.

If you're looking for a unique experience, head to Howl at the Moon, which fuses elements from a concert and a piano bar into a wild show. Audience participation, as one might expect, is mandatory.

Music Venues

Newcomers will discover that Baltimore is a hotspot for both local and world-famous musical talent. This fact is illustrated by the large number of concert venues located throughout the city.

For example, Power Plant Live doesn't only offer bars and nightclubs; it's also home to Ram's Head Live. This entertainment venue has shows on an almost nightly basis and has featured artists ranging from B.B. King to the Dropkick Murphys to Jay-Z. The spacious interior and multi-level standing area make this spot perfect to enjoy any type of music.

Another popular spot for catching a concert is Sonar, located in downtown



DANIEL LITWIN/PHOTOGRAPHY EDITOR

CVP is a great place to eat gigantic baked potatoes with your friends while ducking from your TAs, who could be at the bar.

Baltimore. The venue has three stages: a main stage, for their more famous acts such as Mos Def and the Mars Volta, a club stage that holds 300 people, and the Talking Head Club stage, holding 150 and reserved for local musicians and lesser-known talent. Also featuring almost nightly concerts, Sonar has achieved a reputation as one of the best music spots in Baltimore—and for good reason.

Other concert spots are spread across the City of Firsts. The Ottobar, located on the edge of Charles Village, combines a traditional bar experience with fantastic live music. Upcoming shows include Bayside and Hit the Lights.

The 8x10 features both live musical performances and frequent open mic nights, as well as cheap drinks and an intimate atmosphere.

The Recher Theater, which requires a short trip up to Towson, often hosts big-name bands and musicians; Immortal Technique and Relient K will soon visit. As one can see, Baltimore is home to venues that fit any and all music tastes.

Coffee Shops

Not feeling the bar? Concerts too expensive? Fortunately, Baltimore offers a variety of alternative ways to spend the night out.

One of the city's best-kept secrets is the selection of coffee shops and cafes

scattered throughout the region.

El Rancho Grande, open until midnight Monday through Saturday and situated in Hampden, features local art and music, as well as fantastic coffee. It's a great way to enjoy local culture and save money at the same time.

Red Emma's Bookstore and Coffeehouse, a rare find with phenomenal coffee and an interesting book collection, is located on St. Paul Street. Named after famous feminist and anarchist Emma Goldman, the shop describes itself as "worker-owned and democratically-managed."

Containing an extensive collection of anarchist texts and frequently hosting authors to discuss recently published works, Red Emma's is constantly buzzing with energy and will certainly make for an interesting evening.

For the shisha fan in all of us, Little Morocco Café is part hookah bar, part coffee shop. Featuring over 30 flavors of tobacco and an extensive coffee menu, the Café creates an environment of complete relaxation. Open until midnight for most of the week and until 4 a.m. on the weekends, the Café is an excellent way to spend your night in Canton.

As you will find, Baltimore is not a boring city. From live music to nightclubs to coffee joints, nightlife in Charm City truly offers something for everyone.

Explore Charm City one neighborhood at a time

By LEAH MAINIERO

Capturing the character of Baltimore city in less than 1,000 words is a daunting, if not impossible, assignment.

North of the Mason-Dixon Line yet far enough south so as not to qualify as a truly "northern" metropolis, it would seem as though Baltimoreans themselves might not know what words to use to describe their hometown; mi-

"HonFest" (picture beehive hairdos and 60's costumes amidst an entire festival and you'll get the picture) and the aptly named Café Hon Restaurant, whose presence on the Avenue is advertised by a giant pink flamingo covering the restaurant's façade. Hampden is also home to a growing artisan community in Baltimore, so you will find many original designs and local art as you shop the boutiques.

Most visitors go to Hampden to explore the small restaurants and stores along the Avenue; however, it is also worth visiting on December nights. "Miracle on 34th Street" is another Hampden festival where residents illuminate an entire block of rowhouses with uniquely-themed Christmas lights, decorations and artwork. Friendly residents will even invite you inside their homes to warm up and see their indoor displays.

Mount Vernon

A beautiful, old neighborhood lined with brick rowhouses and defined by the towering, "original" Washington Monument, Mount Vernon's attractions include a wide array of restaurant options and boutique shopping. The free JHMI shuttle stops regularly at the Peabody Conservatory, located in the heart of Mount Vernon.

grant Hopkins students who spend most of their four years in the immediate Charles Village area might have even less of a picture of what the rest of the city is truly like.

What gives Baltimore its character is the patchwork of distinct neighborhoods spread across the entire city. Hopkins students will be pretty familiar with Charles Village by the end of their first year of school, but why not hop a shuttle, bus or cab and explore a few unfamiliar areas of this unique city for yourself?

Hampden

Hampden, directly west of campus, is a small, eclectic neighborhood that began as a blue-collar, conservative mill-workers community.

Two quirky traits set Hampden apart: first, its main road, technically 36th Street, is known simply as "The Avenue." Secondly, its inhabitants are known for their use of "Bawlmerese", that is, a distinctly Baltimorean/Hampdenite accent.

"Hon," a typically Baltimorean term of endearment, is taken to a whole new level in Hampden with the annual

park and sidewalk-ringed reservoir are a calm retreat from the traffic and bustle of Charles Village and the perfect place to go for a run, walk or bike ride. Druid Hill is also the site of the Maryland Zoo of Baltimore, which contains over 2,000 animals.

Inner Harbor

This tourist center of Baltimore offers an array of concert venues, restaurants, shopping and sightseeing. The Baltimore Aquarium, a variety of small museums, and the U.S.S. Constellation, a Civil War-era vessel docked in the Harbor, are all tourist hotspots.

Harborplace, an outdoor amphitheatre, and the 1st Mariner Arena, an indoor venue, are popular places for students to catch concerts.

The Inner Harbor is filled with restaurants at every price level, from the indoor food court in nearby shopping center to the upscale Fogo de Chao (Brazilian) and Ruth's Chris Steakhouses. ESPN Zone and Hard Rock Café are two popular choices among Hopkins students.

Oriole Park at Camden Yards is located very close to the harbor itself and offers special discount prices for students on student nights (Friday nights).

The Inner Harbor is accessible via the Collegetown Shuttle, which stops there on weekends, by cab, or by walking south along N. Charles Street from the Mount Vernon JHMI stop.

Little Italy

Just a short walk or cab ride east from the Inner Harbor, the crowds of tourists disperse and the neighborhood of Little Italy begins.

Originally a rail workers community back in the 1800s, Little Italy has transformed into a neighborhood balancing tourism with its local Italian roots.

Strolling through Little Italy, you still see locals sitting on benches and the occasional couple words in Italian, but Little Italy has developed several mouth-watering attractions for those who enjoy Italian cuisine.

The most famous establishment in this neighborhood is arguably Vaccaro's, which offers Italian pastries and desserts (cannolis, tiramisu, gelato, cappuccino) and an "all-you-can-eat" night on Mondays for under \$13.



COURTESY OF LEAH MAINIERO
Fell's Point is a popular destination for an evening out.

Fell's Point

East of the Harbor along the waterfront, one finds Fell's Point, a hub of Baltimore nightlife most popular among seniors and students who happen to own a fake I.D.

Taverns, bars, restaurants and cafes line Fell's Point's cobblestone streets, so even if you are underage and cannot partake in all that the Fell's Point nightlife has to offer, you are still likely to enjoy yourself.

Fell's Point is also "the place to be" on Halloween in Baltimore. The neighborhood fills with thousands of costumed Baltimoreans barhopping around the neighborhood, occasionally dancing or singing, or simply walking around.

Baltimore is a city with character. No two Baltimore neighborhoods are alike; each has its own distinctive attitude and flavor. So pack your bag, take some time off and go explore Charm City for yourself.



COURTESY OF LEAH MAINIERO
The Washington Monument is a focal point of the Mount Vernon area.

Running to the cleverly placed lights throughout the tunnel

Final exams are not the only annual happenings at Hopkins. Much to the relief of the stressed undergraduate, there are various events throughout the year that provide a much-anticipated break from the day-to-day pressures.

By CHRISTINA WARNER

Fall Festival

FPerhaps because our homecoming correlates with lacrosse season, someone at Hopkins decided that there needed to be an event promoting campus-wide bonding earlier in the school year. Whatever the motivation for its creation, Fall Festival, now in its sixth year, is a weekend of food, music and hopefully, fun.

However, there have been some mishaps in the past. From poor weather to poor advertising, Fall Fest hasn't always been the most well-attended and anticipated campus event. But Fall Fest is what you make of it. If you happen to like the talent that is scheduled for the weekend, show up to see it. And while it may cost \$5 to attend a concert, it certainly won't empty your wallet. Ultimately, Fall Fest is a cheap but fun way to spend your weekend and certainly one of the first Hopkins traditions you'll be able to get involved in.

Parents' Weekend

With the prospect of parents' weekend looming in the horizon, generally everyone can find something worth anticipating. At the very least, it may be that your roommate will be out traipsing around Baltimore with his parents and you will finally have the freedom that you have been denied for two months. Or, if your parents are visiting, it may be a dinner to which you will be treated.

Even if you forgot to mark it in your

calendar (or didn't read it in the incredibly helpful JHU Daily Announcements), it will be easy to tell when it is parent's weekend. Just look for the flocks of salt-and-pepper haired parents, bored-looking adolescents and the occasional grandparents who will be sure to be walking around campus and looking lost. And if you are especially lucky, you may run into the elusive species known as "hot siblings." Parents' weekend, as the label suggests, is primarily for the parents. It gives them a chance to see how the money they could have put towards early retirement is being spent instead.

So make sure not to do something that will make them regret paying for your undergraduate degree. Instead, show them around campus. They'll love it when you point out where your Orgo class is held. Take them to eat at the FFC (the Sterling Brunch is worth going to even if your parents don't show up).

Not only will it put a smile on their faces, but it will also provide a nice distraction from the studying you will inevitably be putting off come November. And hopefully, you'll get some quality time with the 'rents too.

Halloween

There are few different ways you can choose to spend this holiday. In keeping with Hopkins' Halloween tradition, these ways generally include a visit to Fell's Point.

While it is certainly a bit of a commute to get to Fell's Point, that shouldn't deter you from making the trek at least once during your four years at Hopkins. In the past, the SGA has organized transportation to Fell's Point.

This is much easier than the alternative of catching a cab (a tricky task to undertake). However, returning from Fell's Point (in possibly a drunk and very tired state) is the most difficult feat of the evening.

Negative aspects aside, heading down to Fell's Point will undoubtedly show you a different side of Baltimore. If you are planning on just wandering the square (translated: you are under 21), costumes are a must. You will definitely fit in with the masses at Fell's Point if you are in costume and intoxicated. Just make sure you can remember the evening because you are sure to make memories that you won't want to forget.

The Lighting of the Quad

Don't let the worry of exams take away your holiday cheer. The lighting of the quad is a festive Hopkins tradition that is sure to push thoughts of 18th century romanticism from your head.

One night in December, Hopkins students congregate on the quad to watch it be lit up for the first time of the holiday season. There's a little food, a little entertainment and a lot of twinkling lights. And, if you are a stereotypical Hopkins' student, you may be holed up on C level anyway.

If that is the case, you should definitely take the short walk up the stairs, reemerge into civilization and visit the lighting of the quad to stir those feelings of holiday spirit. Then you can go back down and return to your real life.

Homecoming

Academics, internships and research hardly leave any time for school spirit. But there's nothing like homecoming in the spring during lacrosse season to create some Blue Jay spirit just as the weather warms up.

With the last vestiges of winter melting away, you'll be able to throw on your Hopkins t-shirt and head to the Homecoming lacrosse game, one of the most well-attended games of the season. A Blue Jay win will put the student body



FILE PHOTO
Spring Fair has everything from food to sugar gliders.

in good spirits for the rest of homecoming weekend, a college tradition not to be missed.

Spring Fair

Only a short while before the end of classes, Spring Fair serves as a perfect way to bring the school year to a close. Not only does the majority of the undergraduate student body show up, but graduate students and Baltimore locals will make their way to the Homewood campus to take part in the festivities.

Everyone can find something of interest during the weekend, as there is plenty of food, shopping and games to entertain Spring Fair attendees for all three days. If you're over 21, check out the beer garden outside the President's house. Just make sure to keep in mind that the weekend can be high in both cost and calories. Fried Oreos are a novelty that need only be tried once.

But regardless of the potential for overeating and overspending, Spring Fair is one of the most loved, anticipated and worthwhile events of the entire year at Hopkins.

It's easy to get caught up in the demanding academics of Hopkins, but you shouldn't forget to step into the fresh air once in a while and take part in the various events throughout the year. Luckily, these Hopkins traditions are well-spaced, so you always have something to look forward to when you get down about school. In fact, Hopkins traditions are the perfect remedy for a stressful, school spirit-less existence.



FILE PHOTO
School spirit's in the air during the Homecoming game.

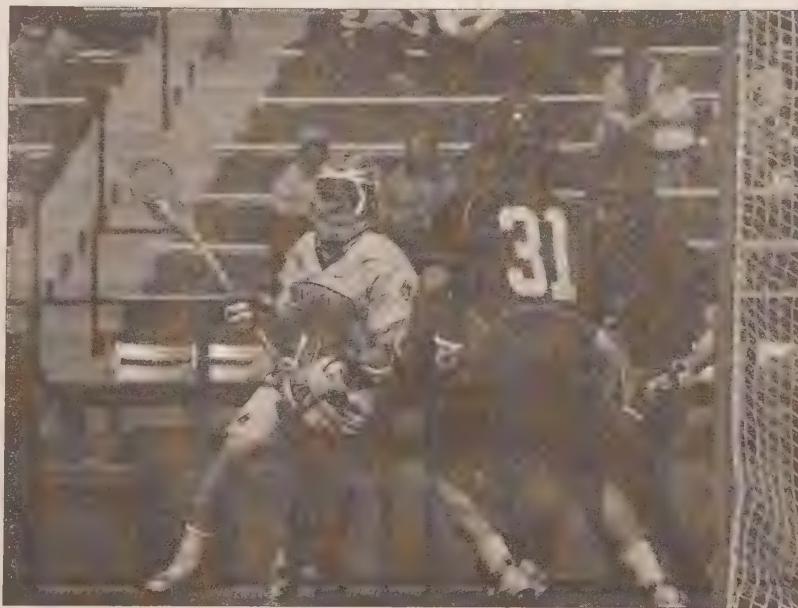
Getting involved, keeping busy and staying sane



FILE PHOTO



DANIEL LITWIN/PHOTOGRAPHY EDITOR



DANIEL LITWIN/PHOTOGRAPHY EDITOR



FILE PHOTO



DANIEL LITWIN/PHOTOGRAPHY EDITOR

SGA (top left), a capella (bottom left), lacrosse (center), SAC Fair (top right) and dance (bottom right) are all activities that interested students should investigate at Hopkins.

By LAURA MUTH

Some people have a misconception about Johns Hopkins: they think students study all the time and have no time for any fun. However, many Hopkins students know that they need to lead a balanced life. So they get involved in a wide array of extracurriculars, ranging from part-time jobs to student-led clubs.

One of the easiest ways to learn about clubs at Hopkins is to attend the student activities fair being held this Friday, Sept. 4. A wide array of the student-run clubs on campus will have tables set up with information about meeting dates and the purpose of the club. These include performing art-based organizations, such as the well-known Barnstormers, the improvisation group Throat Culture and a number of a cappella singing groups, as well as martial arts organizations from a variety of traditions and outdoors clubs that allow students to experience the more rural landscape outside of Baltimore. There will even be a table with information about writing and photographing for the News-Letter, as well as for a number of other on-campus publications.

Although lacrosse is arguably the most popular varsity sport at Hopkins, there are both varsity and club teams for many other sports, including soccer, basketball, water polo and fencing. Some of these may have representation at the activities fair, but others may simply have a website. Normally an internet search for the

Hopkins sport of your choice will prove to be fruitful.

To get an idea about what clubs you might be interested in before you go to the fair, an easy source to investigate is simply the Hopkins website. On the main page, under the heading "Inside Hopkins" is a link called "Browse Hopkins A-Z." Although some of the links listed on the following page are for academic or administrative departments, the website also has a fairly comprehensive listing of clubs and extracurricular activities sponsored by the university.

Some of the organizations listed that might not be represented at the fair are related to specific majors or career paths, such as Engineers for a Sustainable World.

For students interested in community service, Hopkins has the Center for Social Concern (CSC), which helps students find the service projects most interesting to them. The CSC recently moved to 3103 North Charles St. Approximately 50 different service groups are housed by the CSC, but if you're still struggling to find the right service project for you, a number of other groups are linked directly with the Office of Student Activities.

One of the popular service programs, especially among the many pre-med students at Hopkins, is Project HEALTH, one of the CSC groups. Project HEALTH at Hopkins seeks to help provide basic health care services to low-income individuals and families in Baltimore. Project HEALTH has chapters at different schools around

the country and was even mentioned last spring by Michelle Obama at TIME magazine's 100 Most Influential People gala.

What many students do not know is that they can also gain experience in the health care field while honing Spanish language skills in SALUD, another CSC group that specifically works to improve the health of the Baltimore Hispanic population. The group focuses on holding Spanish-language presentations about medical issues and translating for health care providers working with Spanish-speaking patients.

Other options outside the health care field include Cooking for Love, which meets Friday afternoons in the Interfaith Center. Members prepare hot meals and deliver them to a local women's homeless shelter. A student teacher helps volunteers make the meals, so no cooking experience is necessary.

If you are interested in mentoring people, there is also the Tutorial Project, which provides after-school help to students at Baltimore City Public Schools, or even the Jail Tutorial Project, in which students help inmates at the Women's Detention Center at the Baltimore City Jail get their GEDs.

Of course, there are also a number of different jobs available for students, both through the university and in the surrounding area. Generally the university limits students to working about 20 hours a week, which is still a heavy load for a full-time student. The university will be hosting a career fair for students and

alumni seeking jobs and internships on October 1 this fall. To research some of the potential jobs available beforehand, students can use the Career Center's website, www.jhu.edu/careers/index.html.

For students concerned with their career possibilities after graduation, there are also events hosted by the Pre-Professional Advising Office, which provides opportunities for students to associate with peers interested in the same field of work. While this would not necessarily be an extracurricular activity to participate in regularly, occasionally attending some of these events could provide guidance to new students and help them meet people with similar interests.

Probably the easiest way to find the extracurricular activity of your dreams is simply to attend the orientation events planned for your class, especially demonstrations or performances hosted by student groups. Generally at these events, club members will also be looking to recruit new members from the incoming class. Exploring Hopkins soon after your arrival will bring you in contact with whatever kind of activity suits you best. Getting started with clubs early helps you learn to manage your time between schoolwork and extracurriculars quickly.

With so many options, no Hopkins student should have to spend a college experience sequestered away in the library or a dorm room. Clubs, volunteer activities and jobs are all great ways to make friends, gain new experiences and add variety to your life.

If you like to exercise more than just your mind...

By KAT BASELICE

It's not a secret that Johns Hopkins University is not known for its athletics. With so many hardworking students focused on their studies, it's hard to get out and see our student athletes in action. Many would be surprised to know that our Division III school is actually filled with many talented student athletes, many of whom passed over bigger Division I programs to become Blue Jays. The competitions are free and fun to watch, and are also a great way to get out and show your school spirit. Here's all you need to know about Hopkins' athletics:

Blue Jay Pride: The history of the Hopkins Blue Jay

Ever wonder about the origin of the Hopkins Blue Jay? Similar to Harvard's "Crimson" and the "Orange" of Syracuse, Hopkins was originally known by its school colors, the "Black and Blue", both locally and nationally. According to Steve Stimpert, an archivist for JHU, the "Blue Jay" might have come from the student publication "The Black and Blue Jay", first published in 1920. The "J" was probably taken from the Johns in "Johns Hopkins" and expanded to "Jay".

For two years after the first publication of the "The Black and Blue Jay", Hopkins was still known as "the Black and Blue" and, on some occasions, "The Homewooders". The name finally began to stick on campus in 1922, when the interests of both The Black and Blue Jay and the *News-Letter* crossed. A couple of students who held editor-in-chief

positions on the *News-Letter* were also strongly involved in The Black and Blue Jay. Because of the connection, the *News-Letter* began referring to the athletes in their March 31, 1922 issue as the "Blue Jays".

Finally, during a Thanksgiving Day game in late November, 1923, a student dressed up as a giant blue jay made his way onto the field to cheer on the football team. The crowd watched as the team fought the much stronger University of Maryland team to a 6-6 tie, an accomplishment that shocked newspapers in the area. After that, the mascot stuck and Blue Jay name took flight.

Our Turf: "The Nest"

You can see the Blue Jays practicing and competing in a variety of different sports throughout our campus. The fields and courts are appropriately nicknamed "The Nest". The athletic department hands out free Nest t-shirts at many sporting events and students throughout the year show their Hopkins pride by wearing them both around campus and at games.

The lacrosse, soccer, football, volleyball and field hockey teams all compete at Homewood Field, the stadium next to the athletic center. The field has housed Hopkins sporting events since 1908, and the stadium can seat 8,500 fans in its two large bleacher sections.

The Newton White Athletic Center's Goldfarb Gym is home to the wrestling and basketball teams, and the swimming and water polo teams can both be seen in action at the Natatorium. Across from the Athletic Center, athletes are also competing at the baseball field and



DANIEL LITWIN/PHOTOGRAPHY EDITOR

Though it is most famous for its lacrosse team, Hopkins athletes compete in a range of sports.

tennis courts. Off campus, track athletes compete at the newly constructed track at JHU's eastern campus. All games are free for students, and are a great way to spend a night with friends or meet new ones. Because campus is so small, it is likely you will know many of the student athletes who are competing, which makes the games more fun and exciting.

What's that sport they call lacrosse?

Okay, if you know anything about the state of Maryland, you should know this: everyone in this state loves their lacrosse, or 'lax' for short. That's because the state is home to many strong Division I lacrosse programs, and guess which school has one of the best. That's right, Hopkins. Lacrosse is the only Division I sport on campus. Support for the team is so strong that Homecoming was moved to lacrosse last season.

Here goes the very brief recent history of Hopkins lacrosse. In 2005, the number one ranked Blue Jays won the NCAA Division I Championship against the second-ranked Duke, finishing their perfect season of 16-0. This was the Jay's first national championship since 1987. The following year, the team finished their season at 9-5, falling to Syracuse in the Quarterfinals of the NCAA Championships.

In 2007, the men again took home the championship title, after holding off a Duke rally to secure a 12-11 victory over the Blue Devils. In 2008, the team went 11-6, ending their season and an eight-game winning streak with a loss to Syracuse. Last year, the Blue Jays again achieved playoff berth, this time falling

to the top-seeded University of Virginia Cavaliers in the Quarterfinals. This year, the team looks to keep the intensity high and once again capture the championship.

Varsity athletics not your thing?

Many students who competed in sports in high school find the challenge of balancing schoolwork and practice to be too difficult or stressful. If you still want to be involved but don't want as much of a commitment, there are many club and intramural sports on campus to join.

Students can compete in intramural sports, which are basically organized pick-up games. In the fall, there is a touch football, indoor soccer and a 3-on-3 basketball league, all of which include some games and playoffs. Captains can organize and register their own teams, which are broken up into Co-ed, Men's, Women's, Dorm and Frat divisions. Games are played during the week and are broken up into two classes, competitive and recreational.

Club sports require a little more commitment. There are many different club sports to get involved in, such as field hockey, golf, lacrosse, rugby, and volleyball. Many teams compete against neighboring colleges and other clubs in the area and can get quite competitive. All clubs are organized and run by students, and are a great way to get involved in leadership positions.

For a full list of clubs and for more information visit the recreation center or check out their website at <http://web.jhu.edu/recreation>.



DANIEL LITWIN/PHOTOGRAPHY EDITOR

While only a Division III team, the Hopkins baseball team often comes out on top.

The plentiful pains and perks of being a pre-med

By TIFFANY NG

A typical conversation with a Hopkins student often goes like this:

"You go to Hopkins?"
"Yes!"

"Oh, so you're going to be a doctor?"

Even though this query is more stereotype than truth, there are quite a few pre-meds at Hopkins. So if you're hoping to add that little "M.D." to the end of your name in eight years or so, you'll need to keep a few things in mind:

- You don't have to major in "pre-med"

Pre-med is not a major. You can choose virtually any major at Hopkins and get into medical school. In other words, French and history majors can get into medical school just as easily as biology or public health majors.

What makes someone a pre-med are the basic course requirements, which are set by the medical schools: a year each of biology, physics, chemistry, organic chemistry, English, and math, as well as classes in the social sciences and humanities.

Aside from that, take whatever you want! Furthermore, if you have AP or IB credits from high school, those can definitely give you a boost by letting you place out of introductory math and science classes.

- It all refluxes down to this: Organic Chemistry

Well, not really. You've probably heard that Orgo is the class that mercilessly chews up and spits out all of the wannabe doctors that are unfit for practicing medicine. Which is simply not true.

As a general rule, professors want their students to do well. And if you need the help, all you have to do is ask. Professors and teaching assistants are required to have office hours, where you can go in with any question, whether it concerns the very basics of the material, or goes beyond the extent of the syllabus. Small group and individual tutoring is also available (for free!) through the Office of Academic Advising.

If all else fails (no pun intended), some of the best resources can be a friend that has already taken the class, a set of old

Professors want their students to do well. And if you need the help, all you have to do is ask.

applications aren't exactly my idea of a vacation. Luckily, Hopkins has multiple resources that are available to help you with the process.



COURTESY OF HTTP://WWW.PATIENTASSISTANCE.COM

Many Hopkins undergraduates aiming to study medicine in the future also work at the Johns Hopkins Hospital downtown, or do research under PIs based at the medical school.

notes, or a different textbook that caters more to your learning style.

- Angst. Angst. Angst.

Orgo is definitely challenging, but your grade in a single class should not make or break your medical aspirations. If medicine is really your goal and you pursue it with your best effort, chances are you will achieve it.

Yes, being pre-med can sometimes be stressful. Things such as studying for the MCAT, taking cell biology, and submitting around two dozen

The Pre-Professional Advising Office staff can give you scheduling tips, networking opportunities and application advice. Whether it's a simple inquiry or a mini-crisis, David Verrier, the director of Pre-Professional Advising, and his staff are all available to answer any questions you may have.

There are also numerous clubs that can give you the support and exposure to the medical field, such as Alpha Epsilon Delta (the pre-med honor society), Project HEALTH, the Hopkins Emergency Response Organization (HERO), Colleges Against Cancer, Health Occupations Students of America (HOSA), the Women's Pre-Health Leadership Society, and many, many more.

- So what's being a doctor really like?

Even if you're not set on going into medicine, you'll probably want to figure this one out before you decide whether or

not to submit those medical school applications.

Luckily, the Hopkins Hospital and the School of Medicine are a short (and also free!) shuttle ride away, where there are plenty of research, volunteer, and shadowing opportunities.

Being a pre-med goes way beyond the lecture halls, and deciding whether a medical profession is your thing can best be determined through first-hand experience.

Although it can be somewhat daunting when contacting researchers or doctors, you'd be surprised how approachable most of them are. A simple email, stating who you are and why you're interested in working with them, is usually enough to generate a response. If it doesn't work the first time, be persistent. Another email or two may seem a little pesky, but it also demonstrates that you truly are interested and are serious about it.

Shadowing is also a fantastic way to really get a feel for what the medical profession involves. Following a doctor around for a day may seem trivial at first, but it's more of the "behind-the-scenes" action that really gives you a clear-cut answer of whether you want to spend the rest of your life doing this. For me personally, watching a coronary bypass surgery and standing less than three feet from the exposed, beating heart meant a definite yes.

- It's not a competition

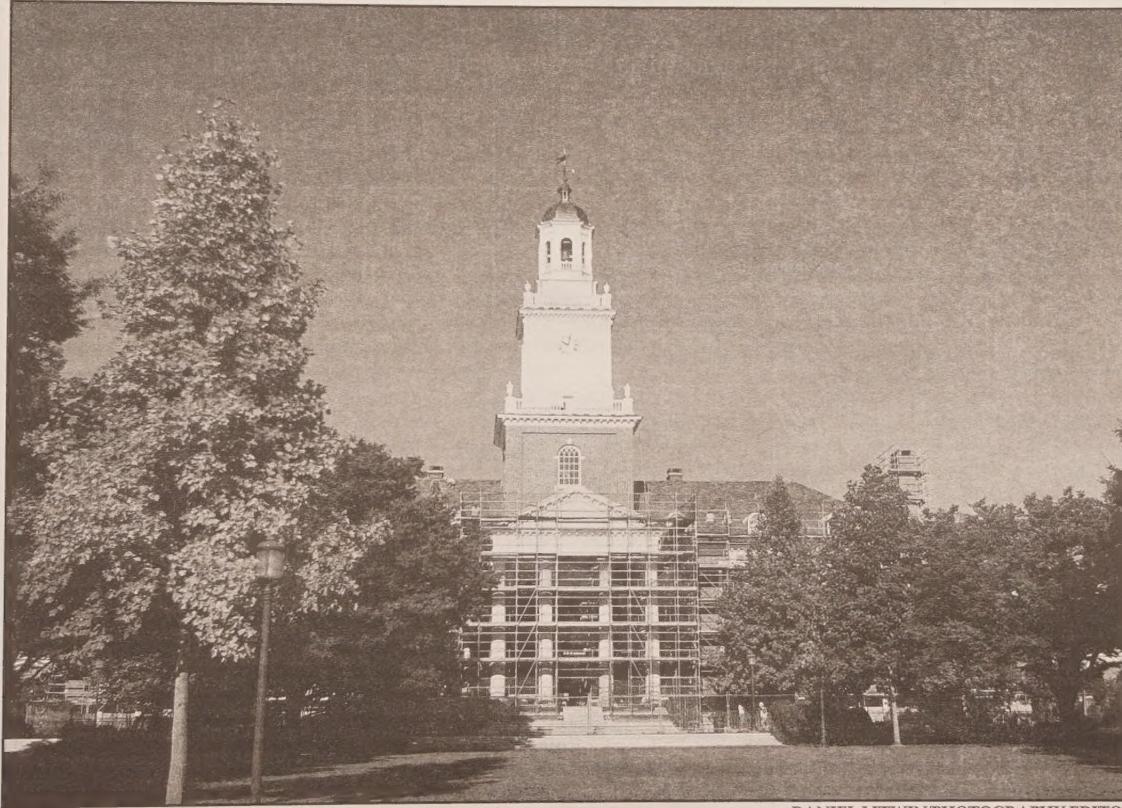
Sure, there are a lot of pre-meds and not a lot of spaces at Hopkins med school, but despite any myths you may have heard regarding stolen notes or pages ripped out of coveted library books, from what I've observed, almost all Hopkins students work together at some point on anything from simple problem sets to late-night and last-minute cramming for Biochemistry exams.

- But everyone's doing it...

Many people I've talked to are someone ambivalent about being pre-med, unsure if it's really what they want to do. And that's great! College is about exploring and discovering new areas of interest, not blindly pursuing a pre-determined objective. It's never too early (or too late) to start exploring those interests.

If you are considering being a pre-med, it shouldn't be because of parental pressure or because all of the cool kids are doing it. Do it because it's really what you want to do, and it's what you're truly passionate about.

Giving an old icon a much needed facelift



DANIEL LITWIN/PHOTOGRAPHY EDITOR

Named after Daniel Colt Gilman, the first president of the Johns Hopkins University, Gilman Tower remains the highest point on campus.

In its second year of reconstruction, Gilman Hall is being transformed into a symbol of the University's future

By MARIE CUSHING

The class of 2013 has a lot of things to get used to: quaking before the secretaries at registration, keeping deathly quiet on D-level and making poor choices in a fraternity basement.

What the new freshmen won't have the chance to experience is Gilman Hall—well, at least not for a while.

Oh Gilman. For every calm hour spent curled up in the oversized lobby chairs, there was time spent comically and frantically wandering through the dark basement. For every Writing Seminars major inspired by the expansive view from Gilman 500, there were others shouting Seamus Heaney poems over the bombarding clunks from faulty radiators. And need I mention the staircases that lead to nowhere?

Sure, the loss of Hutzler Undergraduate Library (aka The Hut) hurts anyone

who missed the bleary-eyed desperation of premeds at three in the morning.

But the promised renovations ranging from the extravagant (central glass atrium!) to the forward thinking (LEED certified!) to the just plain necessary (look, Ma! No asbestos!) make the temporary loss a little easier to bear.

Unless, that is, you're a humanities professor shafted off to offices in the Dell House. Or a senior upset that the building won't be open until the end of this year. Not that I'm bitter.

Like every eager freshman girl getting overdressed before hitting up The Den, Gilman Hall wanted to look good for orientation. Parts of the scaffolding

surrounding the iconic clock tower have been stripped off, and from the looks of the white pristine sheen you would never guess that good old Gilman Hall has been around for 92 years. The lovely copper top is a nice, new touch to the relatively unchanged surface. Inside, however, the Hall is a bustle of construction.

Hopkins dropped a cool \$73 million to fix up the building, adding several thousand square feet of space. The most promising new feature of the building will be a central atrium in what used to be a random empty patch that connected the Hut and the main hall.

Sketches make the three-story, glassed-in area look like some futuristic museum/

coffee shop, especially with the first floor dedicated to housing the University's extensive archaeological collection. (It should also be noted that the students in the sketches are well dressed and in shape, implying that stepping into Gilman will make Hopkins students sexier. Dare to dream, Mr. Sketch Artist. Dare to dream.)

As construction continues, students and professors will both have to make do without the dozen or so classrooms Gilman had to offer. That means a lot of scrambling and readjustments—sticking professors' offices in refurbished Dell House apartments and making the basement of Wolman into a classroom being just a few of the chaotic highlights.

But the promise of a revamped Gilman Hall should be some comfort to the students hiking out to classrooms scattered across campus. At the very least, all the rooms will finally have proper lights and heating.

**But the promised
renovations ranging from
the extravagant to the
forward thinking to the
just plain necessary...**

Hopkins goes greener than ever before

In a largely student-led, multifaceted campaign to reduce Hopkins' environmental impact, the 2009-2010 school year brings in new policies, technologies and initiatives for saving energy and supporting sustainability

By LAURA MUTH

In recent years, a green revolution has been sweeping the nation. Institutions across America have been trying to cut down on energy costs, and Johns Hopkins University is no exception.

The University has incorporated a number of green initiatives as well as endeavors to use less energy over the past few years. This trend has occurred both at the student and faculty level.

In the undergraduate arena, one of the student groups leading the initiative has been Engineers for a Sustainable World.

In 2005, the student group convinced the University to introduce a "smart" sprinkler system that measured temperature and rainfall to regulate metered water use, thereby reducing water waste.

Shortly thereafter, the University also introduced vending misers. These devices shut off power to vending machines in school buildings after the buildings have been closed on nights or weekends. On average, these devices save the school between \$2,000 and \$3,000 every year, according to the Summer 2009 edition of the Hopkins Engineering Magazine, and paid for themselves within two years of installation.

These past successes have helped set a precedent for sustainability at Hopkins. In October 2008, University administrators approved the formation of the Sustainable Hopkins Infrastructure Program (SHIP). Founded by Daniel Teran, former president of the class of 2011, the organization established guidelines for the approval of sustainability projects at Hopkins. One requirement is that any proposal must pay for itself within seven years.

In addition to this funding condition, SHIP has three other requirements mandated by the University: all projects must not interfere with other proposals; no project can require continued maintenance and most importantly, all initiatives must reduce the school's environmental impact.

Undergraduate students can also become involved in the campaign for greater sustainability on campus by becoming ECO-reps. This program is part of the Hopkins Sustainability Initiative and seeks to educate students about environmental and sustainability issues and

encourage actions that promote more sustainable living.

Every Fall, up to 10 freshman are selected to become ECO-reps, thereby allowing incoming Hopkins students with an interest in environmental issues to gain experience in the field. Last year, ECO-reps monitored campus dining halls and talked to students about separating their trash into recyclable categories.

The Sustainability Initiative also has a variety of other ongoing projects.

Through the community-supported agricultural project, people living in Baltimore can provide funding for farmers at the beginning of the growing season in exchange for a set portion of crops each week during the harvest season.

In an attempt to reduce fossil fuel consumption, used vegetable oil is collected from campus dining facilities and burning as fuel in the Wyman Park Complex power plant, located on the Homewood campus.

Another student group working on the sustainability issue at the University is the Hopkins Energy Action Team (HEAT), which is an umbrella group for 24 differ-

ent student groups at Hopkins.

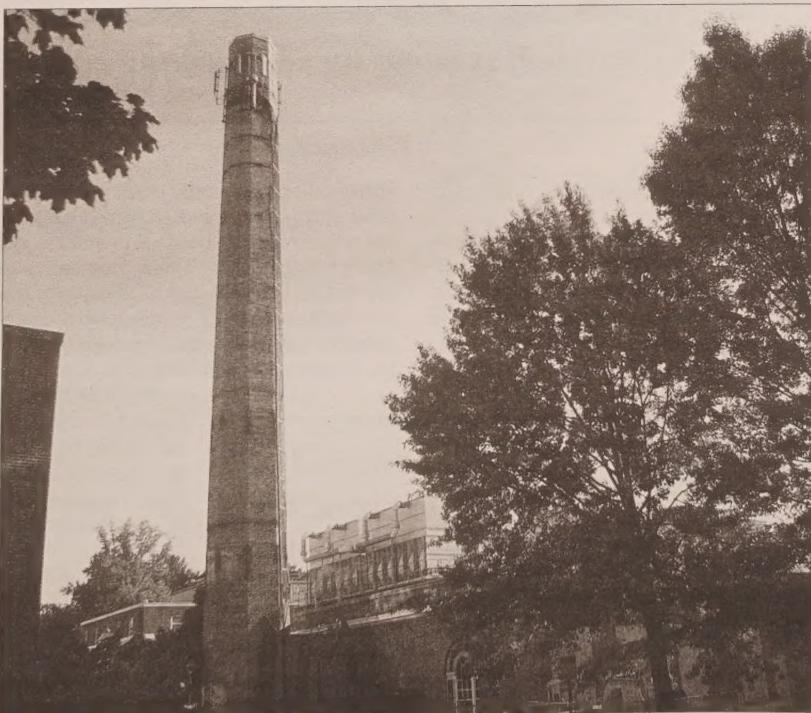
There are over 2,600 members at the undergraduate and graduate levels. They have set the ambitious goal of making Hopkins carbon-neutral by 2015.

To accomplish this, the University has to reduce and offset its greenhouse gas emissions associated with electricity use, waste disposal and transportation for on and off campus school events.

Hopkins services have also incorporated new methods of reducing the University's environmental impact. In the early fall of 2008, the Office of Housing and Dining launched a new green initiative.

They began on move-in day by giving out free canvas bags and magnets listing tips for more eco-friendly living, such as listing what common trash items were recyclable.

Hopkins has also eliminated trays from their dining facilities, a measure which reportedly saves Hopkins 66,000 gallons of water and 75,000 pounds of food waste. In addition, Housing has installed more efficient lights in student dorm rooms.



DAN LITWIN/PHOTOGRAPHY EDITOR

The Wyman power plant burns used vegetable oil from dining halls to reduce fossil fuel consumption.

Avoiding the freshman 15: less beer and more water

By HUSAIN DANISH

How many freshmen exercise, eat well and sleep enough? To avoid gaining weight, try to adapt to a healthy lifestyle.

Eating

For many students, college is the first time students determine when and what they eat. The freshman dining hall offers great options for healthy eating, but how often do you pass up the cheeseburgers for some garden greens? Plus, FFC is an all-you-can-eat buffet. Combined with this year's new unlimited meal plan, freshman may find themselves eating more than all they can eat! You're best off sticking to foods with whole grains and high fiber and protein. Opt for milk, water or real juices. Watch your portion sizes and stick to several small meals. Most importantly, eat breakfast so you jumpstart your metabolism in the morning and burn calories all day.

Exercise

How often do you tell yourself, "I am going to go to the gym today" and simply end up laying in bed all afternoon? Many new freshmen become overwhelmed with their heavy course loads and busy social lives, and run out of time to get to the gym. If you want to avoid the weight gain, exercise is essential. The Rec Center has options for everyone. Students can run on the indoor track, play intramurals, lift weights as well as other activities. If you don't know how to exercise, don't worry—you can take a course or get a personal trainer. Remember, to maintain weight, you must burn the same number of calories you take in.

Drinking

One shot of Absolut vodka contains 130 calories—approximately the amount of calories you burn after 15 minutes on the treadmill. If the average college student drinks four to five shots on a night out, you can see how the calories add up! Combine this with the stress on your body from partying, lack of sleep and your missed appointments at the gym, and you have a recipe for weight gain. To combat the freshman 15, skip the partying.

Things I learned from freshman year

By LILY NEWMAN

During freshman year I had one mantra: "I'm a freshman. I don't know much about anything yet." I knew that I was supposed to be a moronic lownoise and that if I did not live up (or, more accurately, down) to this expectation, I could be labeled a prick or, worse, a cool-freshman-who-peaks-freshman-year.

I didn't actually believe, though, that being a freshman necessarily made me an idiot, because I tend to think of myself as a competent person capable of functioning in a new environment. It didn't take me too long to realize, though, that this self-confidence was doing me a great disservice.

For example, during my first month at Hopkins I always checked the campus map before I went anywhere. As a result, I learned where all of the buildings were too soon. I was on time for everything, which meant I was actually pathetically early.

I was repeatedly asked to "help out" at the events I was attending. I set up chairs in the Glass Pav, distributed pamphlets in the study abroad office, and even restocked bowls of jolly ranchers during department open houses. I hadn't learned that as a college student, you are expected to arrive everywhere ten to twenty minutes late.

My over-confidence also caused me to repeatedly attempt to open the inexplicably and perpetually locked library door on the left side of the entryway. The first time I was lucky, and simply had to endure ridicule from a group of sophomores drunk on their non-freshman status, among other things.

The second time, though, I was unlucky and set off an alarm. I was forced to look around guiltily before slowly backing away and inadvertently colliding with a security guard on a bicycle who had come to investigate the breach.

After these incidents, I began to accept my apparent incompetence. I started practicing a new facial expression that would combine intense, yet attractive, desperation with an air of ever-present, slow simmering panic.

The results of my "freshman face" were positive. When I went to schedule a meeting with my Academic Advisor during spring semester, the secretary who had been surly and unhelpful the semester before was now accommodating. She even offered me a Hershey's kiss.

The response was similar among my peers. People who had once been turned off by my over-confidence seemed placated by the "freshman face". Older students were more interested in a freshman they

could mentor and I began receiving unsolicited, but not entirely unwanted, advice about choosing classes and purchasing futons.

Likewise, fellow freshmen relished the opportunity to pass on their paltry insider information regarding dining hall hours or frat party etiquette. One of my classmates even took it upon herself to tell me which boys I might have a chance with and which ones were lost causes because of my "really small boobs and weird modesty".

The only time I didn't feel defined by my freshman status was when I was working at the News-Letter. The expectation at the paper was simply that I do what I was supposed to. Everyone was held to that standard, freshman or not, and this was liberating. I copy read, learned layout, and wrote articles for the science section. These experiences ultimately gave me an understanding of my "freshman face".

In the wake of Obama's executive order reversing stem cell research restrictions, I wrote a two part series for the newspaper in which I attempted to examine the present situation as well as the future of the field. To do this I interviewed scientists, researchers, and bioethicists from across many departments, schools, and institu-

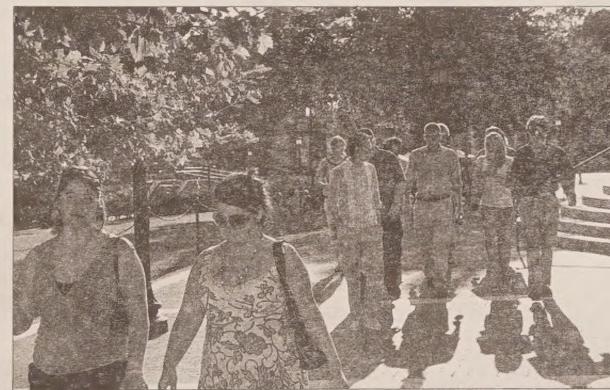
tions within the Hopkins community. I was shocked, not just by their command of huge quantities of information, but by their devotion to their fields. Each professional I spoke to was articulate and impressive in a way I could never have imagined, and in spite of their hectic schedules

do an interview while she was driving her kids home from sports practice. I could hear them screaming for juice boxes and action figures as she calmly explained the types of influenza and why swine flu is called H1N1. I noticed that in the presence of such highly accomplished individuals I was displaying my "freshman face" involuntarily. Way to play it cool, right?

I will admit that I have spent many nights Googling the people I interviewed during freshman year as well as people I would like to interview in the coming years. I am in awe of how much people can accomplish during their lives and I am very grateful that I have the privilege, simply by attending Hopkins, of being connected to a fraction of the productive work going on around the world.

These eye-opening experiences, as well as my more standard college revelations (I can cook tortellini in a hot water boiler, I can actually pass calc II, etc.), have helped me realize that most of my young adult life will be spent learning, maturing and making some variation of the "freshman face".

I think that I have the capacity to be an impressive person someday, not unlike the people I interviewed, but freshman year taught me the humility that I thought I already possessed.



FILE PHOTO
Freshmen have four years of college, not to mention their adult lives, to look forward to.

and bizarre working hours, many of the people I contacted took the time to set up interviews or send thorough e-mails responding to my questions. Some even asked me about myself and my plans for the future.

For another article about swine flu, I interviewed doctors, university officials and epidemiologists, including one who was enthusiastic enough to call me and

Top 10 Dos and Don'ts for Freshmen

1. **Do take advantage of covered grades** — that doesn't mean you should party all the time, but realize that this is the only semester you'll be able to balance work and play without a large effect on your GPA, namely because you won't have one.
2. **Don't be afraid to go out and meet people;** though half the people you meet during Orientation are people you won't speak to ever again, it's true that the more people you meet, the more likely you'll find someone who you can click with and who understands you.
3. **Do join student groups;** this is a great way to meet people with interests similar to yours. Consider playing a club sport, joining student government, writing for a publication, joining a political group, or rushing a Greek organization.
4. **Don't join all student groups;** overextend yourself, and it'll be hard to keep track of all your activities as well as your studies.
5. **Don't spend all your time in the library;** yeah, it's open 24 hours, but the fluorescent lighting and constant work will suck your soul out unless you go outside to breathe some fresh air. Consider alternative study areas during the daytime, such as One World Café, or the Beach, weather permitting. At least take study breaks if you're in for a long night at the library.
6. **Do go out and explore Baltimore, even if it's just Charles Village.** There are a lot of great areas and stores around campus that you probably won't discover unless you're looking. Also, read City Paper and the News-Letter for events happening around Baltimore.
7. **Do make sure that you get to know the people living on your floor or in your house;** at the very least, you'll have a social safety net, especially if you're not the social type. Sometimes it's as easy as going into the common room and chilling, or leaving your door open if you're in the AMRs.
8. **Don't give in to stereotypes.** Though some people or places on campus may have a reputation for a reason, many are unfounded. One of the most constructive things about coming to college is learning to approach things with an open mind.
9. **Do make it out to campus events.** Though they may sound lame, some things need to be experienced before you label them. Try everything as a freshman, so that you know what to skip the next year. Spring Fair is a must for everyone, though events such as Lighting of the Quad, if you're not the traditional sort, may seem overrated.
10. **Don't have many regrets if your year unexpectedly goes wrong;** remember that freshman year will be a time of adjustment, and that you have three years ahead of you to improve on any mistakes you may have made in the past.

—Diana Baik



Student Activities Fair

9-4-09

2:00-5:00 Rec Center Main Gym

Over 200 groups will be in attendance

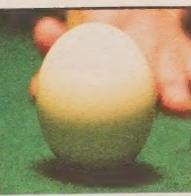
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- Johns Hopkins University
- Barnes & Noble Johns Hopkins
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- Star Property Management
- The Baltimorean

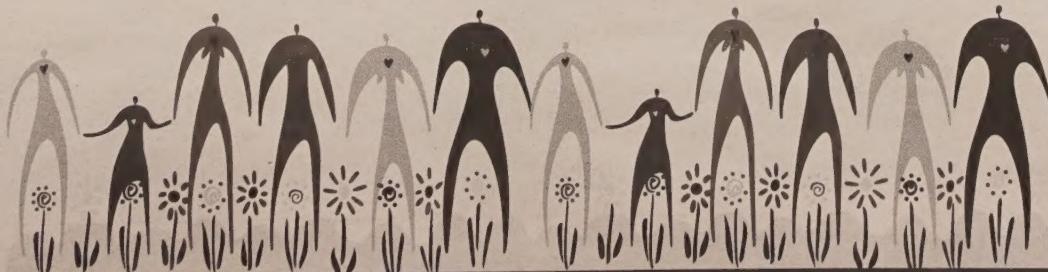
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